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THE GRAIN GROWERS' GUIDE

January Magazine Number



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A Hint or Two

Useful ideas tested and proved by
farm homemakers

The walls in our house have been beaver-boarded and calsumined and needed attention badly. As my husband was too busy to give them another coat I fixed them up until he has time to do the job. Instead of calsumining the walls I wiped them off with a broom covered with old cotton-batting and cloths. This removed loose dirt and soot from the lamp which some one turns too high every season. Then I took a basin of clean water and a cheap sponge and washed the walls, merely keeping the sponge medium wet so that it didn't drip but moist enough to make the calsumine flow slightly. The sponge is much lighter to handle than a brush and does not spatter or drip when doing the ceiling. This method removes the grey film and the smokiest places are clear and light, while all of last summer's fly specks are removed. The walls are now in much better condition for the next coat of calsumine which will not be necessary until next spring.—Mrs. T. E. S.

I made a mattress for my baby's crib that has proved very satisfactory. As an outer covering I used bleached flour sacks and when making it laid one piece flat on the table. On top I put two layers of cotton-batting and then an even layer of excelsior. Over this I put more batting and finally the top cover. Then I finished off the sides and tie-tacked the mattress in various places in order to hold the layers in place. The excelsior, besides being springy, prevents the batting from lumping or becoming matted. A mattress of this kind is much better than a pillow, as the baby does not sink down and yet is comfortable. Of course it is always covered with waterproof sheeting.—C. M.

The uses for newspapers in the home are many. After reading, a piece placed under the burners of the oil stove catches dust or pieces of carbon and makes it easier to keep the stove clean. If cake tins are wiped out with paper as soon as the contents are removed, they are much easier to clean. Paper is also useful for wiping greasy dishes before washing. In winter layers of paper placed between the window and the house plants help to prevent them from being frozen. Sheets of paper laid on the kitchen table before commencing to clean fowl or fish or preparing vegetables simplify the clearing up. A piece of paper placed under thin goods before stitching on the machine, prevents pulling. Plenty of newspaper in even layers is a fair substitute for regular felt paper used under linoleum. If butchering must be done in the house a lot of cleaning is saved by covering the table and the surrounding floor with newspaper. It is also excellent for wiping off stoves. When setting out cabbages and other seedlings a collar of folded paper put around each plant protects it from the ravages of cut-worms. If a shingle or old can is not available, newspaper can be used for protecting plants from the sun, provided they are fastened down with sticks or small stones. When celery is ready for bleaching newspaper keeps the soil out of the stalks if it is placed against the plants before the dirt is banked up. A bag for a new bonnet can be made by folding newspapers and sewing or pasting up the sides. A man's hat that is too big can be adjusted if a piece of folded paper is laid inside the leather band. A folded piece of paper cut into a fringe and tacked on to the outside of the screen door helps to scare away flies. Cut into strips and tied on to a stick it makes a good brush for chasing flies out. A splendid iron cleaner and tester for the board is made by sprinkling salt on a folded newspaper. Wrapping jars of canned fruits and vegetables in newspaper cuts off the light and prevents bleaching. Paper placed between layers of meat in winter prevents them from becoming frozen together quite so solidly.—Mrs. A. E. M.

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THE GRAIN GROWERS' GUIDE

January Magazine Number

GEORGE F. CHIPMAN, Editor and Manager

Associate Editors: J. T. HULL, P. M. ABEL

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No. 1

Jean Francois Millet was a French artist who won world-fame. Today, reproductions of many of his pictures hang upon the walls of homes, schools and public buildings in many lands. He was born of poor peasant people, and was the second son of a family of eight children. In his childhood and early manhood he witnessed in his home and around him a hard struggle for existence. The family lived very simply, and Millet maintained that simplicity of living all through his life. He helped his father on the farm, but being of a studious, thoughtful turn of mind, spent his spare time in reading various masterpieces of literature, which came to his hand through the direction of teachers who were interested in the thoughtful boy. He commenced to draw when he was about seventeen, and from the very first his work showed great promise and originality. His work was encouraged at home, and there is no doubt that his early years spent on the farm had a powerful influence in shaping his work in later life.

He loved the open country and still more he loved the simple peasant people. Living as he did a life of struggle against poverty, he was in a position to grasp the sorrows and troubles of the peasant as very few artists have. His sympathies were always with them. They were the only class he understood or cared for. He lived with them and shared their life and work.

He saw that their work alone made their life livable. He was as much of a philosopher as he was a painter, and social students have found much food for thought in his pictures, particularly in *The Man With the Hoe*, which inspired at least one great poem.

JEAN FRANCOIS MILLET

In *The Sheep Pen* he skillfully brought out the extreme loneliness of the French peasant's life, his utter disregard of the beauties of nature about him, and at the same time he conveyed the idea of the importance of the peasant's work to the rest of humanity. So with *The Sower*. In this picture he emphasized the fact that the fruits of the harvest are not to be had without due labor being expended upon the earth.

The monotony of the labor is brought very forcibly to the attention. The figures in all of his paintings are strong and vigorous. The colors are quiet and subdued in tones, different from the work of artists of that day. He seemed rather to want the beholder to forget the painter and absorb the lesson.

The picture shown here, *The Angelus*, is one that is well known. The two figures in the foreground are symbolical of all that is most touching in French peasant life. The end of the day has arrived, and after many hours of hard toil the ringing of the bell in the distant tower proclaims the finish of another day. The picture conveys a wonderful still atmosphere, which envelops the far-stretching plane. The two central figures are surrounded by evidences of man's struggle with nature, and the grim fight for subsistence for life itself. The small recompense to the laborer himself is symbolized by the extreme poverty in which the man and woman are clothed. The softening influence in the lives of these people is very clearly shown to be that imparted by religion. Millet's mother was a deeply religious woman, and her training helped him to appreciate and depict that wonderful influence in the lives of people about him.



The Angelus, by Millet

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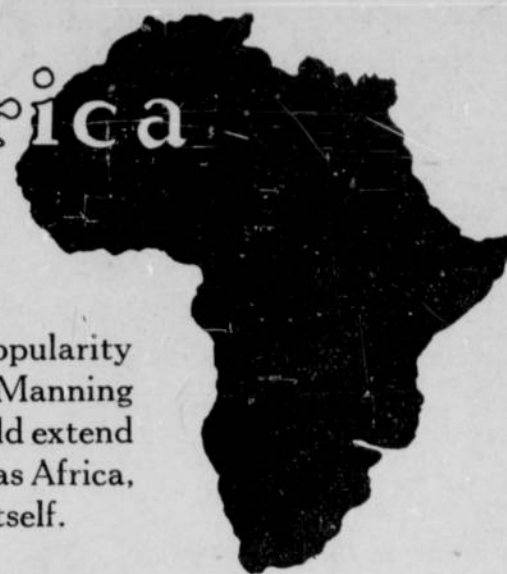
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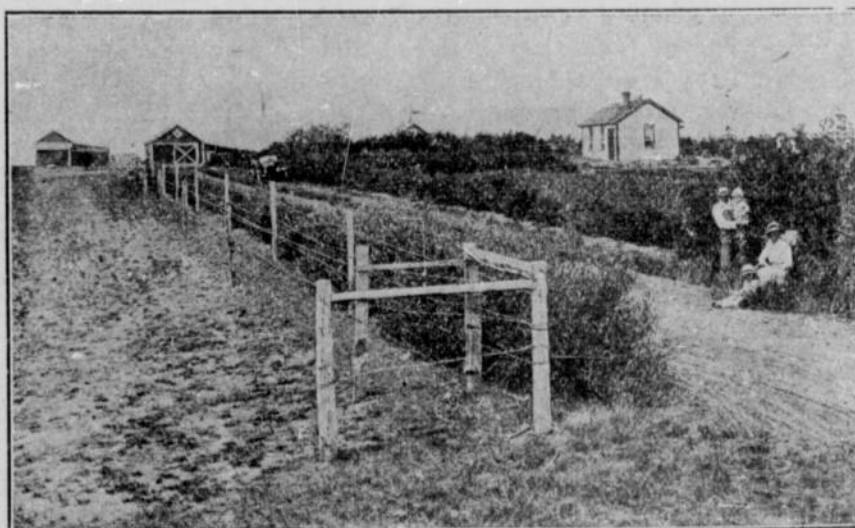
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THE SNOW WITCH

By CHARLES CHRISTOPHER JENKINS

GLESSON, the trapper, sweeping the dismal valley through field glasses from the round-topped hill, where the trio met by appointment in the late afternoon, suddenly flung back his head as though he had been hit in the face.

"Hemming, quick!" he cried, extending the glasses excitedly. "Look down by the shack!"

Clem Hemming, the younger white man, athletic and rangy of build, clean of profile and lacking the high color of the stocky, leather-visaged bushman beside him, accepted the glasses and trained them on the shack.

"Where?" he asked a bit wearily. "What'd you see, Glesson?"

Glesson seized his arm. "Down by the shack," he urged. "To the left between the shack and the green swamp. Can't you see it?"

"Can't see a blessed thing except the snow and the rest of the rotten scenery that was there when we left this morning." He handed the glasses back to Glesson.

Glesson looked again, intently, then with a nettled grimace dropped the glasses back into the case slung at his side. "It's gone," he said, "whatever it was."

Hemming turned from the white bushman to the Indian guide in the rear, staring blankly at the snow. "Too much hootch, eh, Tom?" he hinted jocularly, jerking a thumb toward Glesson.

"Skaboba—no hootch," gutturalled the Objibiwa. "Maybe see coyote. Maybe not."

The party slumped forward on their snowshoes. They had a little over a mile to make between them and the shack before the short Northern day would close. Hemming was limb-weary, jaded after a long day of packing it over difficult country. Glesson was peeved. Hemming could sense that and regretted his rash pun. He changed the subject to the one that had been uppermost in his mind. "So you didn't run across a thing that looked like the old mine on the northeast end of the lake, eh, Glesson?"

"Not a sign." Sullenly. "Tom Chief and I had better luck," Hemming remarked. "At least we sighted a layout from the top of a high range about two miles from the west end of the third lake that tallies with the description of the site of the Tobin mine. Not so far out in agreeing with your map, either, Glesson. It was getting late, and I figured we'd all three go up and look it over tomorrow."

"Un-n-n. Go up other trail. Shorter." suggested the Indian.

"Yes," Hemming went on, "That trail to the west must go almost direct to the spot, and Tom Chief says it will cut off a couple of miles of the distance."

Glesson made no comment. They trudged on to the camp in silence. Darkness, which falls with the swiftness of a drop-curtain in the north woods in winter, had set in when they arrived. The Indian started a fire and lighted the lanterns.

Supper over, Glesson became almost amiable again, even admitting that Hemming might have located the site of the Lost Tobin Mine. They were discussing plans for the morrow when the Indian came in from foraging for green sticks for the night fire. He dropped the wood to the floor and stood looking intently from one to the other.

"What is it, Tom Chief?" Hemming asked.

"Find tracks near green swamp," the Indian informed. "Come out of swamp, go back. Funny."

The white men sprang to their feet and followed the Indian, who took out the lantern. Tom Chief pointed to narrow queer-shaped snowshoe prints that formed V lines from the green swamp to a point behind the shack and back again.

"That's what I saw!" exclaimed Glesson. "It was right here when I caught it through the glasses. Must have glimpsed us up on the hill and cut back again."

"Guess you were right," admitted Hemming. "What'd he look like, Glesson?"

"I didn't say it was a he."

"Then what did it look like?" persisted the other, goodnaturedly.

"I'd hate to say. If I did, you'd think I was crazy."

Hemming turned to the Indian, now intently examining the prints under the rays of the lantern. "What do you make of them, Tom Chief?"

The Indian straightened. "Dunno. Not white man; not Indian. Too light." He looked at Hemming. "Guess Windigo," he added with a queer grin.

"And what in thunder is a Windigo?" "Bad squaw make Windigo," explained Tom Chief. "Snow witch make Windigo. Bring bad luck."

"Rot!" commented Hemming. "More likely it's some young buck intent on stealing our jam. Come, let's turn in."

For all that he made light of the tracks in the snow, the succeeding silence on the part of both his companions communicated a depressing influence on his own spirits. He failed to personally carry out his curt injunction. After the others had taken to their bunks he sat long by the stove with his pipe. It was not Windigoes and Indian superstition that was weighing in upon Hemming, but an aggravating hunch that something was about to come

Montreal, had bequeathed his Lost Mine to the first individual who should re-stake the claim and file memoranda of the same at a mining recorder's office.

Every prospector and fur-trader from the head of Lake Superior to the foot of James Bay knew the odd history of the Lost Tobin Mine. Back in the early nineties, somewhere about 125 miles north of the last outpost of civilization on the Canadian Pacific Transcontinental, Nicholas Tobin had made the strike. It was official record that samples from the find assayed over \$25 worth of gold to the ton, and the possible value of the mine was placed at anywhere from two millions up.

For some unaccountable reason, Tobin delayed developing the mine. Machinery which he had ordered for it was re-shipped to another location. The following year a great hurricane swept the Nadawaska district, turning miles of the standing forests into huge labyrinths of tangled wind-falls, piled some places 20 feet high. Searching parties, which Tobin sent out annually in order to retain his patent, never re-discovered the

vein, which, from then on, became known as the Lost Tobin Mine. It was

a matter of comment that Tobin never personally accompanied these parties, and, as invariably is the case when people cannot fathom a mystery, there were sinister rumors, one of which was that Tobin had his own good reasons for never caring to re-visit the site of his lost bonanza.

The story of the Lost Tobin Mine had fascinated Hemming from the first when he heard it from Glesson, the fur-trader and trapper, on a big game hunting trip in the Nadawaska District some years before. He had even had the temerity to write the eccentric old millionaire offering his services to get up an expedition to locate the mine. To this letter he had received no reply, and he had almost forgotten all about it till the night he read of Tobin's death.

Four days later he received an unexpected letter from Nat. Glesson referring to the death of Tobin, and adding the confidential information that he, Glesson, had by accident, come into possession of an old map, supposed to be a rough sketch of the location of the Lost Tobin Mine. Glesson was hard up and wanted a partner who could keep his mouth shut and provide the money to finance an expedition to find the mine. If Hemming would accept these conditions, Glesson offered him 50-50 ownership in the vein when re-discovered. There was an odd chance, Hemming's correspondent wrote, that the map might be a fake, but he had good reasons for believing it was an original sketch drawn by an unknown man who had accompanied Nicholas Tobin on his first prospecting trip and who had afterwards mysteriously disappeared.

It was then the latter part of February, but Glesson suggested haste while there was good firm snow on the ground, the lakes and vast stretches of muskeg were frozen. A cheering feature was that roving Indians had reported large sections of the windfall country swept clear by forest fires the previous summer.

The offer had fired Hemming's adventurous being. He wrote Glesson that he would come at once. Up till this very evening he had never harbored a single doubt but that they would find the mine. Now, when he came to seriously think of it, outside of Glesson's map, a duplicate of which he carried in his reefer pocket, the official description left much to be wished for. It merely stated that "somewhere due north of Milepost 125, C.P.R., beyond the third of a chain of unnamed lakes, excavation had been made and a shaft partially sunk in the side of a cone-shaped hill that rose above the level of two low ranges running due north to either side of it."

What if this map were a fake? What if—and Hemming winced at the possibility—what if Glesson were merely pulling his leg for expenses and sending him out on a wild goose chase while he located the mine with a true map? Glesson had insisted on striking out alone when they reached the round-topped hill this side of the chain of lakes, suggesting that Hemming and the Indian guide take a northwesterly direction. Perhaps Glesson had already that very day found and "blazed the lines" around the claim and was now biding his time till Hemming would go home in discouragement when he would file sole ownership to the Lost Mine.

But Hemming dismissed these conjectures as a combination of overwrought imagination and uncalled-for suspicion. He could hardly believe Glesson guilty of such duplicity. No, it was just a set of odd but natural circumstances that had brought on this universal blue funk. The morning sun would evaporate all the depression and put new ginger into the whole party.

II

The Indian stirred on his bunk and sung out sleepily: "White man never go to bed? How get up tomorrow?"

Hemming took the hint. He knocked out his pipe on the stove and straightened in a tired yawn. But as his eyes came on a level with the four-pane window in the back of the shack the yawn froze on his lips.

What he saw beyond the panes was a small face, still as Death itself, from which two

Continued on Page 21



Hemming was seated on his pack-sack, munching at a hot bacon sandwich, when an interrogatory cough made him turn. He looked into the face of a young girl standing 20 paces from him.

between him and the possibilities of locating the Lost Tobin Mine.

Now that he came to view it from a colder angle, it did seem a harum-skarum project he had set out upon, this expedition into which he had sunk the last dollar of his modest bank account. It had come about from an adventurous impulse when he had read in a newspaper of the death of Nicholas Tobin, millionaire pulpmaster and prospector in the North. Another brief paragraph had told that Tobin, after leaving all his tangible worldly assets to a spinster sister in

WORK THAT CHEERS

Occupation as part of treatment in hospitals---Sheltered workshops for disabled men

By MARGARET M. SPEECHLY



Ex-service men learning a trade in the Red Cross workshops

TO be without occupation for months at a time is sufficient to discourage even the most cheery person, especially when ill in body or mind. During the war when soldiers were in hospital for long periods, the Dominion government instituted classes in handicrafts as a part of their treatment. The authorities found that enforced idleness was actually retarding the recovery of many a man who had in the past been accustomed to days well filled with work. Prolonged inaction was causing depression, discouragement, discontent and worry, but with the advent of pleasant occupations, an improvement gradually took place.

The government secured the services of skilled teachers of handicrafts who worked in the wards with patients and taught them how to make useful and attractive things. Thus the boys who had hitherto spent long days and weeks with little to do, found time passing more quickly as they learned to knit, to weave, to embroider, to do bead work, to make baskets and trays and to construct toys. Most of them had never done such things before, but that made it all the more interesting—in fact, it was play rather than work. Thus the hours and days slid by and the boys became more happy and contented.

A New Grip on Life

At first the work was welcomed purely as a diversion, as a means of putting in time, but gradually the men became more absorbed in their occupations. This had the effect of giving them a new grip on life, of taking their minds off their sufferings, of increasing their cheerfulness. Of course the occupation was varied to suit the case. The instructors after consultation with the doctors classified the crafts according to the patient's condition and so were able to prescribe the work best suited for each individual. Gradually nerve-shattered men became steadier and had a more cheerful outlook upon life,

while many of the boys with hands, arms, or fingers that had become almost powerless, found that strength was gained through trying to do this new work. At any rate it was far more interesting than practicing exercises to restore the use of muscles.

After the war this splendid training continued and has been the means of encouraging many a disabled man. In military hospitals there are still "aides" or instructors, but the number has been greatly reduced of recent years. Those remaining are doing excellent service among the men who are still taking treatment. They work in the wards with the bed-patients and also in the hospital shop with those who are able to move around.

Crafts of Different Kinds

Knitting, bead work, weaving, embroidery, and other similar handicrafts are done by the boys unable to leave the wards. The making of radio sets is one of the things to which they have recently turned their hands. The sets they construct are most professional in appearance and are capable of putting them in touch with many points on this continent. The men find this work intensely interesting and keep a sharp look-out for magazine articles giving information concerning radio.

In the hospital workshops are to be found ex-service patients busily occupied in reed-work, carpentering, leather work and various other things in which they are interested. They go there whenever they feel equal to it, and receive instruction in making useful and really beautiful articles. One of them engaged in producing an artistic tray explained "you know, this is all a part of my cure. My nerves were in bad shape, but gradually this work is helping me to get better again." It would take reams of paper to tell you how suitable handicrafts have affected the general condition of men whose recovery has taken years. Not only has it helped to restore muscles and soothe nerves, but it has made them happier and more contented beside relieving many a mind of a load of worry.

Sheltered Workshops

This occupational work has been carried one step further by the Red Cross in conjunction with the Department of Soldier's Civil Re-establishment, so as to include men who though discharged from hospital are unable to resume their former activities. In order to put these men on their feet "Sheltered Workshops" have been organized in various parts of

the Dominion and are now operating very successfully. The one I visited recently is a regular hive of industry. In it are men turning out drying racks, ironing boards, kitchen tables, bakeboards, step-ladders, and other simple household woodenware; boxes for shoe blacking, tools and curling stones as well as substantial cedar chests; toys, in addition to swings, rocking horses or "shoo-fly" rockers, and in fact many other useful things for which there

is a ready sale. In another section of the shops, men produce furniture of wood and wicker and also make fern-stands, lamps, baskets, chairs and sofas of excellent workmanship. Not far away are those who are becoming experts at weaving on hand-loom, and at designing and creating scarves of beautiful hues. Others spend their time in the finishing-rooms where painting, staining and varnishing are done.

The work of the shops is carried on under the expert supervision of a superintendent, assisted by a general instructor, a cabinet-maker and a finisher. They are responsible for the quality of the goods bearing the "Veteraft" seal, for nothing but first-class commodities are allowed to go out from these work-rooms which are tucked away in a corner of a large city.



Disabled soldiers construct many useful and interesting articles

However, the excellence of the finished products is not the measure of the success achieved by the Red Cross Sheltered Shops. The real benefit lies in the effect upon the minds and bodies of men suffering from marked war disabilities. On entering the shops they are given productive jobs according to their ability and eventually they are able to launch forth into the world equipped with a trade. It is not hard to imagine what a boon work of this kind is to the men. Instead of trying to eke out an existence on a pension and being in many cases unable to find suitable employment, they are occupied all day, and in time will become skilled craftsmen. Many of them before the shops were organized tried to get work, but either found it too heavy, or were not properly trained for the new jobs to which they were unaccustomed. The provision of the "sheltered" employment has taken the place of the financial assistance necessary to supplement the small pensions and has increased the self-respect and happiness of these handicapped men and their families.

As it is there is nothing charitable about the shops. Their products are sold at market prices and the men receive a reasonable wage. As soon as their apprenticeship has ended they pass out into the ordinary industrial life of the country fortified by the skill they have acquired under specially sheltered conditions.

Work for Mental Cases

The idea of using work for restorative purposes did not originate with the war, although the recent conflict undoubtedly did much to stimulate interest. For years occupation of a pleasant type has been prescribed for people suffering from ailments of the mind. In fact every up-to-date mental hospital in

Canada has a department in which patients receive instruction in handicrafts as a part of their treatment.

Physicians state that idleness is one of the worst things for the mentally deranged, and may cause them to become worse instead of better. In order to prevent them from sinking further into the mire and to set their feet on firm ground many patients are required to spend a certain amount of time each day in making something useful and attractive.

Doctors who are devoting their lives to treating the mentally ill, explain that in most instances patients have lost confidence in themselves, are often depressed and discouraged, and are out of tune with their surroundings. In order to effect a re-adjustment certain cases, as soon as they are able, are given work that has an incentive, that lifts them out of themselves and centres their thoughts on something creative. While many patients do this willingly it is not always an easy matter to persuade others to do work of any kind. This taxes the ingenuity of the instructor or aide who often finds it necessary to try

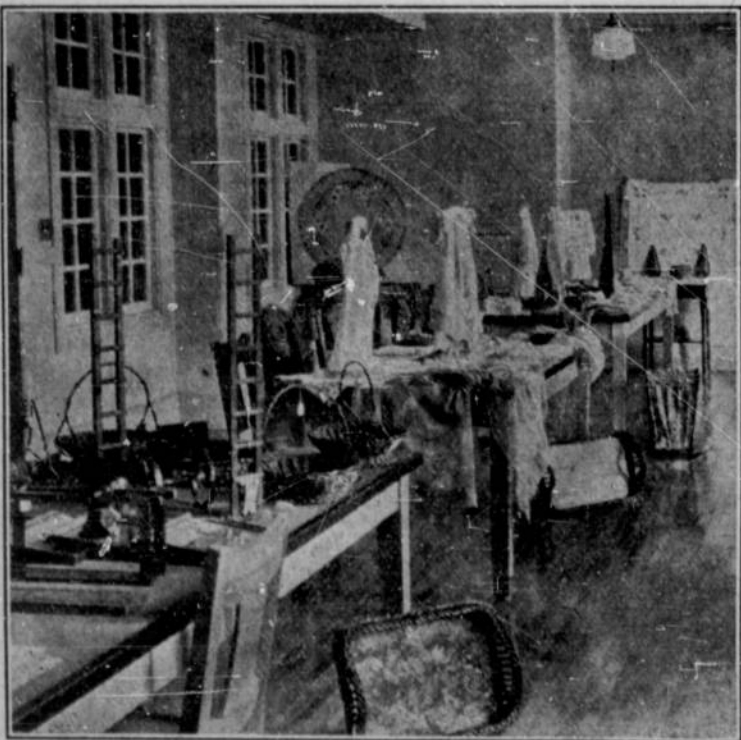
several things before she can arouse their interest. A certain young woman in one of our mental hospitals could not be persuaded to do work of any sort until one day the aide discovered that she liked to use a paint-brush. Accordingly she was given a poster to make and became absorbed in working out a design. This was a real triumph and may mean that she is now on the road to recovery. One man who had been in bed for three years and had to be fed forcibly was finally induced to go to the occupational room. For a time he merely stood with hands clenched but eventually the aide persuaded him to work at one of the crafts. Re-adjustment gradually took place and he was able in the end to go home a normal individual.

Regaining Confidence

As a rule patients are given work with which they are not familiar in order that they will have to give undivided attention to it. If allowed to spend their time upon things which can be carried on automatically, they have plenty of opportunity to dwell upon their troubles. According to specialists this is one of the things to be avoided in the treatment of mental cases so the aides try to interest them in new work requiring concentration. People with mental ills who seem to be living in another world entirely, are greatly benefited by doing things that "bring them down to earth" so to speak. It is often hard for those whose minds are unhinged to follow up work until it is finished, but instructors insist on their accomplishing something worth while. They also make a point of encouraging patients so that they may regain the lost confidence in themselves.

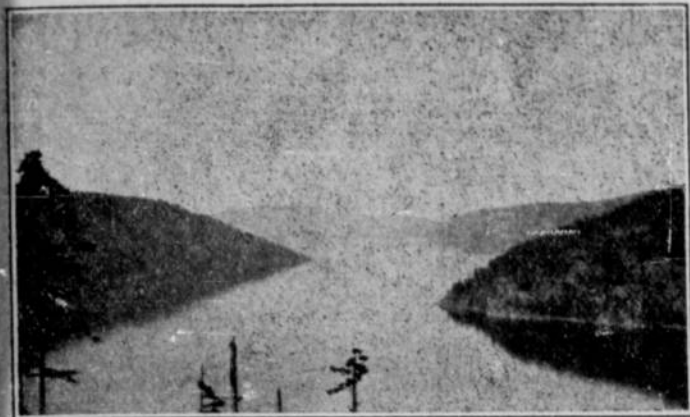
When there is no class in handicrafts,

Continued on Page 26



Display of work done by mental patients

TRIPS BY MOTOR



"To the east and north lay Saanich Arm, with its steep irregular tree-covered banks, stretching as far as eye could see."

OVER THE ISLAND HIGHWAY

By W. H. McEwen

"O. WHAT is so rare as a day in June!" What indeed could be so rare as that day in June when we, a party of four, started from Victoria to motor to Campbell River, a distance of well nigh two hundred miles over one of the best highways on the continent. We were indeed a jolly company, for though two of our number had already parted with their uppermost locks of hair, they had by no means allowed their youthful spirits to depart also. One, the oldest member, was our quartermaster and a jolly good one he made. The next in order of age was our scout and forager, the next was the cook and the infant member of the foursome was the driver and camp manager. Certainly we needed an efficient organization, for were we not to spend one glorious week in the great out-doors, night and day, and did we not carry some of the finest and most appetizing of edibles that needed protection from the predatory tendencies of the youthful members of the party.

Our equipment consisted of a Dodge car, a tent, rope, some elementary cooking utensils, fishing tackle, blankets, a folding camp-bed for an aged member of the party, a box about 1 x 2½ x 2 feet containing "eats" prepared at home, together with bacon, and personal belongings. This made a good car load, but we were not uncomfortably crowded. The grub-box, tent, etc., were carried on the running-board.

The cost of the trip was not great. Practically the entire expense consisted of fuel for the motor and little luxuries for the travellers. Fresh bread and fruit were all that was bought to eat. With an outlay of about \$12 each we accomplished the actual vacation. I had the additional expense of journeys from and to the mainland. I would not have missed the outing for many times the cost—if I had it.

We encountered the usual delays and setbacks that go with such an excursion, so that it was almost five p.m. ere we were on our way over Government Street, heading towards the Gorge. Who that has heard of Victoria has not heard of the Gorge? That inlet of the sea with an entrance only a few yards wide through which the tide endlessly rushes, first in, then out. This opens into a lovely lakelike expanse, where canoeing, rowing, and swimming are indulged in, and alongside of this is the balance of the park, for it is all a city park, containing all of the usual and some unusual attractions of such a place, viz.: scenic railway, promenades, Japanese tea gardens, open air picture gallery as well as the inevitable toss the rings, roll the balls or race the horses, etc. So we passed over the Gorge road and on into the country leaving the pavements behind, but always with excellent gravel roads beneath.

It would be superfluous for one to describe each place individually, as each place, or district, was simply a repetition of naturally beautiful scenery, and verdure so pleasing that one wished always to delay and wander in it indefinitely. It must simply be taken for granted that the whole road is a continuity of naturally wonderful views, parks and beach drives.

From the Gorge, the road lay past Esquimalt Harbor, on past Langford Lake, with its scores of summer cottages and camps, thence to Goldstream, a beautiful mountain stream along which the road winds with the mountain towering on the left, through the Niagara Canyon, then up, up, up and over Malahat. This is the most beautiful of drives and tourists pay much good money to be taken over the Malahat. The summit is 1,250 feet above sea level and from it the loveliest of views is obtained. To the east and north lies Saanich Arm, with its steep irregular tree covered banks and stretching as far as the eye can see.

To the west the higher mountains and far off the snow clad peaks.

On we went along the Saanich Arm until we reached Mill Bay. Here we stopped and made our supper camp, then away again over and past Cobble Hill, along Cowichan Bay, past the town and over the river; on to Duncan through the fertile valley bearing that name and through the Indian Reservation thereon, until we came to the Chehalis River. Here we camped for the night, and had the usual Cheek-akos wordy quarrels as to location, making of beds, etc., as well as the discomforts of insufficient ticking underneath and scrambled blankets above.

In the morning we breakfasted. The cook received many compliments, not so much because of the excellency of his dishes, rather the other members feared his resignation if they lacked proper appreciation. Then we fished. Chehalis river proved to be barren of fish, at least we found it so and we left all we found, so after a time our patience gave out and we again journeyed north. We had fifty miles to our credit at Camp One.

North, ever north, we travelled past Ladysmith, South Wellington, over the Nanaimo river, and in to the city itself. Nanaimo is spoken of as the hub of the island; it is only thirty odd miles from Vancouver, and some eighty from Victoria. There we restocked on fuses for the car and ice cream for its occupants, then again proceeded on our way. At a little stream flowing into Nanoose bay, we lunched and again took the road, passing Parksville and the famous Qualicum beach; the little and big Qualicum rivers, along which we sought for a suitable camping site but failed to find one. We proceeded and stopped not until we reached the Tsabre river, where we found ideal camping quarters; excellent fishing in water so cold that when one attempted wading therein, the sensation was not dissimilar to scalding heat. I mention this because

Every year long distance trips by motor are becoming more popular, as also are field days at nearby experimental farms and agricultural schools. Last summer, The Guide invited its readers to describe some of the pleasant outings they have had by motor. In these columns appear two interesting letters received in that contest.



"When we came to the river we struck camp for the night."

our driver tried, first by bluff and then by example, to induce the cook to have a swim. His own dip was a hasty one and furnished much merriment for his companion spectators seated upon the bridge above. Yes, I said we fished here. We spent several hours at it and had ourselves convinced that it was an ideal spot for fish, blaming ourselves the while for being unable to catch any. Imagine then, our chagrin later on when told that there was no fish in that stream at all yet—too cold—none for a month yet. Surely somebody is always taking the joy out of life. Camp Two, one hundred and thirty miles.

On again we went after our driver had spent a cold night. He had lapped the two sets of blankets for the three ground sleepers (the fourth had a camp bed) himself sleeping in the middle. All was fine until the chap on either side rolled over to seek softer quarters thereby leaving our poor driver out in the cold. We journeyed on past Union Bay with its coal and lumbering industries, thence into Courtnay. The most fertile agricultural district of the island surrounds this town. From there we made a diversion from the main highway and



A welcome pause in the trip described by Mrs. McKenzie

visited Comox, and from there across the peninsula to Kye Bay, where lived a friend of one of the party. I neglected to say that we had, at Courtnay, again restocked such necessities as fuses and ice cream. The car seemed to feel that for every ice cream the occupants indulged in, it should have a fuse. While at Kye Bay, however, we proceeded to investigate, after the car refused to go farther, and we found that a faulty connection caused an over-charged battery to blow out the fuses; we therefore had to get out and get under and fix this connection. We did it and it worked excellently after, except that it would occasionally be necessary to get under and wiggle the wire, after which act, all would be well again. That settled the car's voracious appetite for fuses, but appeased not its occupants' desire for ice cream.

From Kye Bay we went back over our old trail to Courtnay and on North again past Merville and very soon after into an area of burning undergrowth. It appeared harmless enough and we encountered no trouble until our return and little then, only a tree felled across the road by the fire and soon removed by the rangers, but a week later the wind changed, rose to a considerable velocity and swept the flames down upon the settlement and village. In only a few minutes the place was a

mass of burning ruins. This was a soldier settlement, and their loss after three years of toil of the pioneer's life deserved the sympathy and help of the citizens and government—fortunately, both were promptly forthcoming. Through this area of charred stumps we travelled, a terrible contrast of scenery to the previous greenness of the forest growth. We stopped not until we had passed the town of Campbell river and had journeyed inland to the lakes. This last step of the road was through virgin forest of the most admirable of Douglas Fir as yet untouched by the desecrating hand of man. The road was excellent too, making for perfect admiration.

We camped for the night beside Forbes Landing and Hotel. This was the farthest into the wilds that we journeyed, and the only place we had to pay for the privilege of pitching our tent—just one of life's little sarcasms. Yes, we fished at Campbell Lakes, but after trying it in the evening and again in the morning we decided that it wasn't a fishing trip at all that we were on—we just wanted to see the country and have a holiday and anyway the scenery was worth it; and we had a delightful time rowing on the lake.

After breaking camp there, one hundred and eighty-six miles from Victoria, we started on our return journey, intending to visit Elk Falls on the Campbell river. The road into the falls, however, proved to be so rough that we turned back, much to the disappointment of the cook who was also the camera man. At Campbell river on the coast, we encountered an Indian who looked like he understood fishing, so we decided that we probably had been hasty in changing the name of our trip. We hired the Indian to take us out to where there were fish. He did so, but we hadn't the heart to catch them we simply had to admire the scenery. Oh, we weren't peeved. We had caught some fish alright. It wasn't that, rather the fact that ours didn't come anywhere near equalling either in number or size, the ones in the stories told us by contemporary sportsmen of their catches. We hated to be outdone even in story.

We were now on our homeward way. For the most part it was over the same road as going up, with excursions inland to Cumberland and Shawnigan lake and coastward to Maple Bay, and we indulged in some excellent dips in the sea, the one at Qualicum Beach being voted the best. Also upon our homeward way we decided, after passing several herds of cows grazing along the roadside, that we should have some milk for our coffee and cream for our berries, so the scout was ordered to obtain some. The first cow refused to stand, the second was better but needed to be held, so the driver was conscripted and, between them, a gallon of fresh milk was obtained. After finishing we all solemnly thanked the cow, remarked how thoughtful the people were in that country to keep cows for the convenience of the tourists and departed. Fresh milk was a staple article on the menu thereafter, even the cook having to contribute his aid in foraging. We failed in our efforts to obtain poultry in a similar way.

I have already mentioned that we

Continued on Page 14

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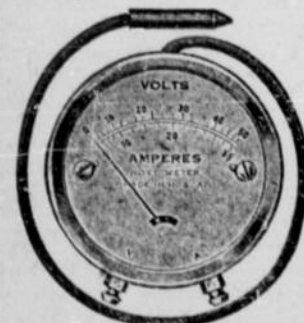
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SINGLE CIRCUIT TUNERS

and their manner of working

By W. B. CARTMEL, Radio Engineer

ARTICLE X

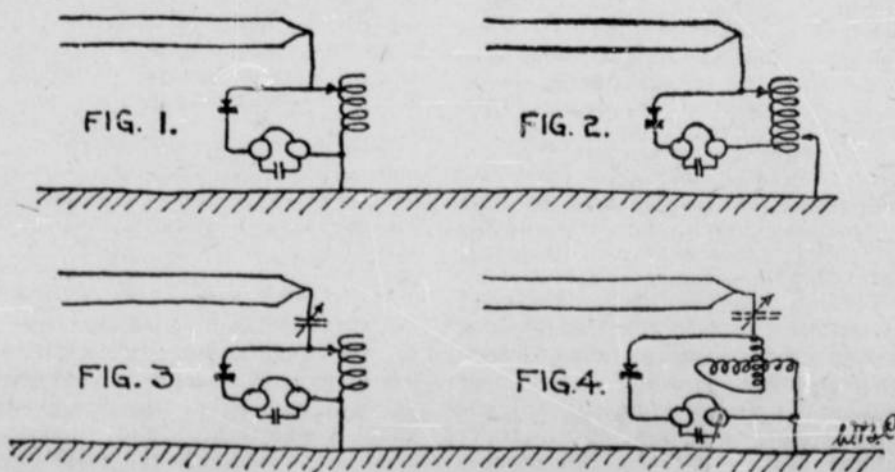
IN the last article we saw how a coil and condenser connected together form a tuned circuit. We have already seen that if a battery is connected in such a circuit oscillations are set up, the number of vibrations per second, depending on the tuning of the circuit. Thus if high frequency radio currents come into an aerial having the same vibration frequency, that is, if the feeble currents in the aerial vibrate with the same number of vibrations per second as that for which the circuit is tuned, they will develop into much larger currents in the tuned circuit. In this way, by tuning we set up a very strong whirlpool in the part of the ether that surrounds the coil and by connecting crystal detector and phones across the ends of the coil, we are able to detect a radio signal too feeble to be detected without this tuning arrangement. I have mentioned a crystal detector and phones but a valve detector of course, being more sensitive, would be even better. We have also seen how the aerial itself may act as the condenser part of a tuned circuit, a coil connected into the aerial forming the rest of this tuned circuit.

Figure 1 of the present article which is similar to figure 4 of the last article shows how tuning can be effected by sliding a contact along a coil of wire so as to vary the number of turns in between the aerial and the ground. This is similar to the single-slide tuner which may still be seen in some of the shops, but which is practically out of date today, at least for broadcast reception.

Figure 2 shows a two-slide tuner which consists simply of a number of turns of insulated copper wire wound on a tube of paste board or other material and having some of the insulation rubbed away so that the two sliders may be moved along the coil so as to bring into use different numbers of turns of wire on the coil. This is somewhat more difficult to adjust than the simple slide tuner shown in Figure 1, but it has several advantages; one is that it is usually possible to bring in slightly louder signals with

this arrangement than with the single-slide tuner, and another advantage is that it is slightly more selective. This means that if there are two or more radio transmitting stations operating at the same time, and operating on very nearly the same wave-length, it would not be possible to tune the single-slide tuner shown in figure 1, so as to bring in one of those stations loudly and tune the others out. With the circuit of figure 2, however, it might be possible to do this, although more success in tuning out undesired stations may be obtained with a two-circuit tuner such as will be described later.

The circuit of figure 3 is similar to the circuit of figure 1, except that a variable condenser has been added in the aerial. This shows how we may modify a single-slide tuner so as to make it equivalent to the two-slide tuner shown in figure 2, that is, it will make the circuit more selective, because it has another adjustment which may also make it possible to bring in the signals somewhat louder, though this will depend to some extent on the size of the aerial. With a good big aerial the single-circuit tuner needs a variable condenser added to the circuit in this way to obtain the best results. Another type of single-circuit tuner is shown in figure 4, where a variometer is used for tuning purposes. A variometer, as most Guide readers are already aware, consists of a ball of dry wood or other insulating material wound over with insulated copper wire, which may be rotated within a spherical space which is wound on the inside with wire. We thus have two spherical coils of wire, one of which may be rotated within the other. These two coils are joined together as shown in figure 3. In one position of the knob which turns the inner ball, the two windings are both in the same direction, and constitute a single coil having a large number of turns. When the knob is so turned that the two coils make an angle with one another, the two together are equivalent to a smaller coil depending on the angle at which the knob is set, so that by turning this knob we may tune our aerial just as we could by means of a single-slide tuner or the two-



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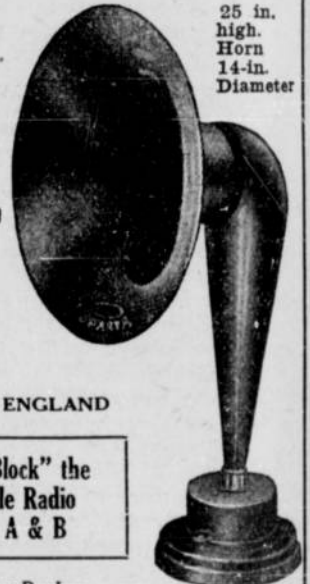
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slide tuner. This condenser set may usually be improved by the addition of a variable condenser which I have shown dotted in this case, indicating that it is optional and may be omitted. Just as in the case of the single-slide tuner this condenser will bring in stronger signals in many cases, although when small aerials are used it will not usually do so. It might be worth mentioning that a variometer as shown in figure 4, makes a very good crystal set, and it is especially to be recommended to those who live near a broadcasting station and who wish to begin with a crystal set and then afterwards convert the crystal set to a valve set, because the variometer may be used in any one of a large number of valve circuits or hook-ups, as they are sometimes called.

The circuits that have been described in this article are all usually classed as single-circuit tuners. Another tuner which is sometimes used is similar to the two-slide tuner shown in figure 2, except that it has a third slider which is an additional complication and permits of a little further adjustment of the set. In the later article we will take up two-circuit tuners.

The Grain Growers' Guide

Winnipeg, Wednesday, January 7, 1925

An Australian Opinion

In the course of a press interview in Winnipeg, last week, J. E. Thurlowe, of Brisbane, Australia, a former member of the Queensland legislature, stated that while he approved generally of the treaty of reciprocity between Canada and Australia, he had some doubts about the special treatment for Australian raisins and currants given by Canada. He is reported as saying:

The preference for instance on raisins will probably put the price up for the Canadian consumer. It certainly will not stop the Californian raisin from coming in as the latter is so popular over here and arrives in such good condition. It no doubt will stimulate the export of raisins from Australia to Canada, but it remains to be seen whether this market will take to the Australian raisin as it has done to the Californian. I hope it will.

No objection can be raised to the Canadian consumer having the opportunity to make a choice—as a matter of taste—between Californian and Australian raisins; the satisfaction of the consumer is the end of all production, and if the Canadian consumer prefers the Australian product, so much the better for the Australian producer.

Mr. Thurlowe states the fundamental objection to the preference in his first sentence—it will “put the price up for the Canadian consumer.” He is also correct when he says that it will not stop the Californian raisin from coming in, because this raisin is packed in an attractive form, and it comes on the market at the right time for the Canadian consumer. The Australian raisin is not packed as the Californian product, and it comes on the market when the demand is at a minimum, and will, therefore, have to be stored.

All this simply means that the Canadian consumer will pay an increased price for raisins whether he buys the Californian or the Australian product, for the latter cannot be sold at a price below the Californian, and the Californian producer is certainly not going to pay taxes into the Canadian treasury, by paying the duty.

Supporters of the treaty are endeavoring to minimize this increase in price; it means they say, something less than \$1.00 a year per family. The plain answer to that argument is that it is just the dollar here and the dollar there, the little extra price on this article and the other, the many littles of the tariff taxes that make the big whole, and the burden that the masses of the country have to carry. The government made quite a song about the million-and-a-half reduction in the tariff contained in the last budget; it is just that amount that will be replaced by this one tax on raisins and currants alone.

The Value of Trees

We have published recently a number of letters from farmers, describing the plantations of trees which a few years ago they set out around their homes, and which have now become a thing of beauty, a source of comfort, and a factor of practical value as well. In every case these farmers prize their plantations very highly. In the winter they afford protection from the severe prairie winds, reduce the fuel bill for the house and the feed bill for the barns. They collect the snow and keep the yards free from drifts, and allow them to dry more quickly in the spring. In the summer time the lovely green foliage of these trees gives a touch of beauty to the home surroundings and a sense of companionship and satisfaction too great to be measured in dollars and cents. In addition they afford shelter from the drying winds and prevent the rapid evaporation of moisture, while within their friendly protec-

tion fruit and flower gardens are springing up all over the country.

In the program of improvements for the prairie farms tree planting should not be overlooked. Every farmer and his family intend “some day” to plant trees, and still more trees, around their home, yet too often it is neglected because of the pressure of other work. Right now is the proper time to attend to this matter. The Dominion government, due to a wise act of statesmanship, furnishes trees by the million, free and for the asking, for planting around prairie homes. Now is the time for every one requiring trees to put in an application to the Dominion Forestry Station at Indian Head, Sask. Orders must be placed before March 1, in order to secure trees for planting in the spring of 1926. Trees will grow well and give satisfaction only when properly planted in well-prepared ground and carefully cultivated during the early years. For this reason regulations have been established by the Forestry Station demanding applications a full year in advance of the shipment of trees. As soon as the application is received full instructions are sent to the applicant for the preparation of the ground during the coming summer, and the forestry inspector will visit the applicant during the summer and assist him in making his plans for his plantation. The year of preparation is well spent. Many a failure is due to planting trees on ground not well prepared.

That letter of application for free trees should be mailed to the Forestry Station without delay. It will be but the beginning of something which will return great dividends in satisfaction and contentment, as well as dividends in dollars and cents.

A Balanced Policy

In a remarkable address before the Canadian Club of Montreal, on December 15, H. M. Marler, M.P. for the St. Lawrence-St. George division of Montreal, made an appeal for a “balanced” policy for Canada. Mr. Marler, it will be remembered, is a Liberal and a protectionist; he dissented from the tariff policy of the government as expressed in the last budget, and voted with the opposition on the budget.

Mr. Marler now recognizes that there are sections of the country which may justifiably protest against the tariff, notably, the maritime provinces and the prairie provinces. If the country is not to be torn apart, he said, it was imperative to devise a policy which would not engender sectionalism, and which would promote the development and prosperity of all sections of the country.

He pointed out that this century had seen the rapid advance of the prairie West to an important place in the economic life of the country, and it was useless to hark back to the policies of a half-century ago because vitally different conditions had to be faced. New conditions need new policies: farming, lumbering, fishing and manufacturing should all receive a fair and no more than a fair consideration in a balanced policy.

He proposed a tariff board to put protection upon a sound and sensible basis, and he conceived the basis to be one in which the disadvantages which manufacturing encountered from the peculiar characteristics of the country would be offset by tariff duties. This, he realized, would not be of use to the prairie provinces or the maritimes, so he proposed a compensating reduction in freight rates to enable the produce of these sections of the country to be conveyed cheaply to market. This compensa-

tion, he said, should be borne by the country as a whole, that is, presumably, if it meant a loss to the Canadian Pacific Railway, the loss should be made up by a government subsidy. For the rest there should be a real genuine effort to discover what is necessary for a “balanced” policy; sectionalism should be forgotten, and members of parliament should get together in a spirit of goodwill to promote the welfare of the country as a whole.

The recognition that the so-called national policy of protection is not of equal value to the various sections of the country, and that due cognizance should be taken of the natural characteristics, and the stage of development of these sections, is the significant contribution of Mr. Marler's address to the solution of national problems. New Zealand and South Africa for some time have given special freight rates in aid of agriculture to offset the tariff on manufactured goods, and Australia has made various experiments to compensate the non-protectable industries for the protection enjoyed by others. The policy does not seem to have been a huge success, but it does at least indicate that even protectionists have realized that protection is a form of special privilege which necessarily enables certain interests to benefit at the expense of others. When protectionists like Mr. Marler begin to talk about compensation for those economic interests of the country that cannot be protected, some headway is being made in the direction of a better understanding of the real problems of the nation.

The Fraser Valley Farmers

The story of freight rate discrimination practiced upon the farmers in the lower Fraser Valley district of British Columbia, as told in last week's Guide, by Charles E. Hope, will find few parallels in the economic development of Canada. The freight rate on grain and grain products from Calgary or Edmonton to Vancouver, when being exported, is 22½ cents per hundred pounds, and is unquestionably a profitable rate for the railways. When, however, this same farm produce is shipped from Calgary or Edmonton to Vancouver, to be used by the dairy and poultry farmers in the farming district adjacent to Vancouver, the railways charge 41½ cents per hundred pounds, an extra discriminatory charge of 19 cents per hundred. Mr. Hope works this out to show that it comes to about 13 cents per bushel, or \$3.80 per ton, making a total extra tax upon the Fraser Valley farmers (about 6,000 in number) of \$300,000 per year. He quotes one witness before the Railway Commission, a large poultry farmer, who declared that this freight rate discrimination cost him \$600 per year. Since 1908 this discrimination has been practiced on the Fraser Valley farmers, and the total toll, or, as Mr. Hope puts it, the total “fine” levied upon the Fraser Valley farmers in this period has been approximately \$4,000,000.

Here is a small farming community operating on land which is very expensive to clear and cultivate, and the extra discriminatory charge levied by the railway companies means the difference between profit and loss to many of these people. The fact that a ship load of corn was recently brought to Vancouver from the Argentine, at a saving of about \$10 per ton, is rather an alarming statement of fact. As conditions return to normal and immigration again turns towards Western Canada, the Fraser Valley district, in common with the prairie provinces, is certain of extensive development. In the

Fraser Valley agriculture is of an intensive nature, dairying, poultry-raising and fruit growing being most important. The local supply of grain and grain products will never approach the demand, and the normal source of the additional supply should be the neighboring province of Alberta. A reasonable freight rate would not only stimulate the development of the Fraser Valley but would provide an additional market for Alberta farm products and still leave a profitable business for the railways.

Motor Touring

The pastime of motor touring is rapidly becoming a pleasant seasonable form of recreation. So great is the number of people who are "seeing the country" by motor, that cities, towns and municipalities are catering to their comfort by setting aside convenient sites where tourists may camp, and in many cases are even providing the necessary accessories to camp comfort. These camp sites have sprung up all over the continent, and it is now possible to tour by motor at low cost over almost any part of Canada and the United States. The comparatively inexpensive character of camping motor trips, and the fact that they furnish care-free and wholesome recreation, will call more and more of the population to indulge in this form of vacation.

The extension of good roads and the return to normal conditions will encourage motor touring not only for local sight-seeing but for wider and more extensive travel. There is an educational aspect of motor touring that is to be highly commended. In many cases it is taking the form of a "field day," where from many miles around families come by motor to visit a good farm where they gather inspiration and information as well as enjoy a picnic and a rest. Many are the beauty spots on these prairies

with its lakes and hills, valleys and woods, within reach of every one by motor, and for those more ambitious, and with more time, there are the mountains to the west where the grandeur of nature furnishes a treat for every visitor. The wise use of the automobile adds greatly to the comfort, health and satisfaction of the farm family, and as well contributes in no small measure to its prosperity.

The Purse Returns

It will be a very pleasant little occasion on the 9th day of the new year when at the hands of Premier King the West receives once again the Crow's Nest Pass rates which it has rightfully enjoyed since it bought and paid for them away back in 1897. There has been a great deal of righteous resentment since this bit of personal property was so unceremoniously snatched away a few months ago. In receiving back its purse the West will find it lighter than it was when lost by the amount the railways have gained, yet, nevertheless, there will be a feeling of thankfulness for small mercies. The return of the lost purse will be, of course, accompanied by a feeling of suspense as to whether it is to remain permanently in the possession of its rightful owner, or whether at some date in the very near future it may again be withdrawn never to be returned. However, the West is in the mood to protect its property to the best of its ability, and when parliament meets there is likely to be a discussion on the subject.

Editorial Notes

Dr. W. A. Spooner, warden of New College, Oxford, who is near 80 years of age, retired last Wednesday. Dr. Spooner is the man who is supposed to have made so many of those amusing slips of the tongue called Spoonerisms, such as, the request to a rail-

way porter to look after his luggage, "two rags and a bug"; the enquiry at a wedding if it was "kistomary to cuss the bride," and the announcement of the hymn "Kinquering Kongs their Tikles Tate," and so on. Dr. Spooner says he doesn't remember making any of these slips, and that the most of them were invented by the undergraduates of New College.

The Baldwin government proposes to appropriate \$5,000,000 for the purpose of assisting the Dominions to market their agricultural products in Great Britain. The British farmer has risen in anger and his organization asks if it is right for the British farmer-taxpayer to pay to help the Dominion farmer to market his goods in competition with the British farmer. It isn't fair, and the Canadian farmer, at any rate, has never asked for such aid from the British government.

According to the peace treaty the allies should evacuate a part of the occupied area of Germany this month. The evacuation, however, is made contingent on Germany faithfully observing her obligations under the treaty. The Commission of Military Control now reports that Germany has not carried out her obligations in the matter of disarmament, and the evacuation will not take place. The German government swears that the obligations have been carried out and that the Commission has been misled. Another subject for international debate.

When the daily press temporarily ran out of news regarding the disgusting blackmail case in England, it began regaling the public with the miserable life story of a prize-fighting thug in California. The news of the "under-world" is still being "fed" to the public in nauseating doses.



What'll he do about seeing that she doesn't "lose" it again?

BUILDING THE BABY

Right kinds of food for mother and child—Quantities necessary for growth

By MARGARET M. SPEECHLY

AS far as the human race is concerned, there is no work so important as that of building a new individual. If it is well done, the child is equipped with a good constitution and has a better chance all through life, but if the construction is poorly carried out, the chances are that he will be severely handicapped. To wait until the baby arrives before giving thought to building a strong body is not only unwise, but dangerous because the foundations of future health are laid before birth. The materials for the new structure can be secured from two sources only—one being the food eaten by the mother, and the other her tissues, bones and teeth. If suitable "bricks and stones" are not available through diet, nature draws upon the mother's supply until she becomes run-down, poorly nourished, loses "a tooth for every child," and finds that her hair begins to get thin. Experience in Central Europe during the war showed how the scarcity of the right kinds of foods affected the strength of infants and mothers.



The Right Kinds of Food

Public health authorities who are studying this question emphasize the fact that a diet consisting only of white bread, meat, potatoes, pies, pickles, cakes and refined cereals, is insufficient for constructing a new individual. Even under ordinary conditions a ration of this type is inadequate, but during pregnancy it is sadly deficient in certain materials essential for growth. To safeguard the child and to prevent the mother's tissues from being drawn upon, a place should be given in the diet to whole cereals, milk, eggs, butter, fruits, leafy and root vegetables, and bread made from whole wheat to supplement white bread. Fish and fowl are good sources of protein, and so are milk and eggs, and should be eaten in preference to meats. Rich pastries, cakes, elaborate desserts, heavy meats, fried foods and pickles are undesirable, because they are difficult to digest. Simple nourishing foods are more satisfactory for building materials than rich concoctions.

While this important work of building is being done there is an especially heavy demand for minerals suitable for constructing strong bones and teeth, so it is essential to include in the daily ration plenty of dairy products, eggs, fruit and vegetables. As milk is one of the best sources of tooth and bone-builders, a quart a day, served in various forms, is really necessary to protect both mother and child. If milk and eggs, supplemented with fowl or fish, are given first place, there is no need to eat much meat.

Vitamins As Workmen

When there is a scarcity of vitamins both mother and child are sure to suffer, but if dairy products, garden stuffs and whole cereals are given an important place in the diet there is likely to be enough of these wonderful substances to carry on the building. As one writer put it, vitamins correspond to workmen. The necessary materials may be on hand, but unless vitamins are there as well, construction cannot go forward. Fresh fruits and vegetables are the best sources, but when they are not available the canned and dried varieties come next. Canned tomatoes are an excellent source of vitamins.

It is absolutely necessary to have

good elimination, for when the wastes of the body are not removed regularly, poisons soon commence to circulate and to harm both individuals. A diet, consisting of meats, starches, sugars and foods made from highly-refined flours, does not contain sufficient bulk to stimulate the intestines, but if fresh, canned or dried fruits and garden stuffs, together with whole cereals and bran are eaten, there will be, as a rule, sufficient roughage to promote regular evacuation. Plenty of water is necessary in order to carry off wastes.

While the quality of the food eaten is most important, the quantity of nourishment also has a good deal to do with the welfare of mother and child. "Stuffing" is never advisable, but particularly during the first four months when there is little need to increase the amount of food consumed. Later on, however, as growth becomes more rapid the diet should include an added 20 per cent., or one-fifth of the total quantity usually eaten. This extra nourishment should be supplied by milk, eggs, fruits and vegetables, rather than by meats, starches or sweets. A glass of milk or cocoa, an egg-nog or gruel with milk, taken between meals, provides the additional building materials. It is always better to be moderate than to over-eat, as a little food eaten slowly and carefully is of more value than a full meal eaten hastily. Thorough mastication stimulates the flow of saliva, counteracts any tendency to over-eat, prevents digestive disturbances and enables the body to make full use of the food.

Observe the Rules of Health

No matter how excellent the food is, it will not be properly used if there is a lack of fresh air day and night. Oxygen is necessary under ordinary circumstances, but during pregnancy it is absolutely essential. Freedom from worry and anxiety is highly desirable so that the work of building may not be retarded. Exercise that in no way tires or strains is advised by physicians because it stimulates circulation and keeps the mother's body in good condition. Extra sleep whenever necessary relieves the unusual strain and permits the silent building to go on apace.

After the baby arrives diet is just as important as before, because the drain of nursing is considerable. When he commences to grow rapidly and when the mother is around again, an increase in the quantity of food is necessary. Again milk, eggs, whole cereals, fruits and garden stuffs should be used to supplement the diet. There is still a great demand for plenty of minerals and vitamins because the rate of growth is gradually increasing. The products of garden and dairy together with eggs, are the best sources of these valuable materials. At all times, simple, easily-digested foods should be selected in preference to fancy dishes. While over-eating is most undesirable, additional nourishment is needed during the period of nursing. This extra supply can best be supplied by milk, cocoa or gruel with milk between meals and before retiring.

Even good foods, however, are not able to nourish the child and protect the mother if she allows herself to become worried, over-worked, angry or chilled. These conditions have a definite effect upon the milk and mean a cranky baby. Observance of the rules of health have a definite effect upon not only the baby's health, but upon the protection and recovery of the mother.

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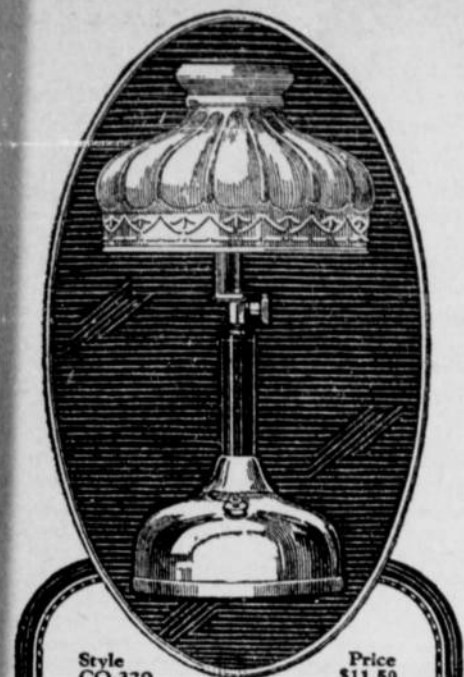
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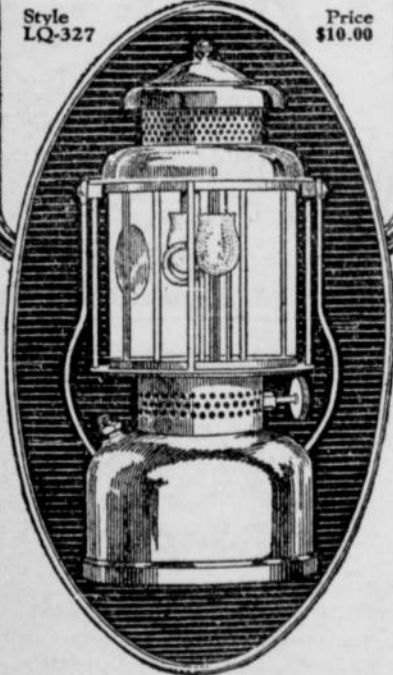
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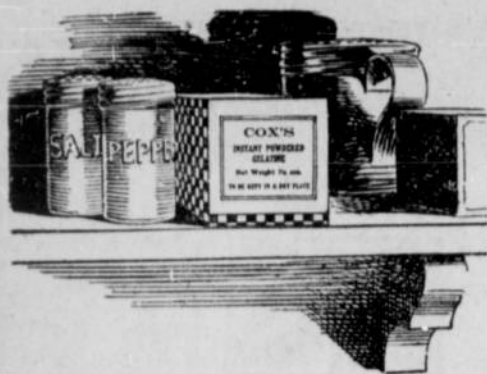


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NOTED WOMAN JOURNALIST

A personal sketch of Miss E. Cora Hind

By AMY J. ROE

MISS E. Cora Hind, one of Canada's foremost journalists, needs no introduction to farm people. She has been a familiar figure at practically all the important livestock meetings, exhibitions and farm sales during the past many years. Her name is familiar to thousands of farmers and business men, who follow with watchful eyes the crop inspection news and grain statistical reports published by the Manitoba Free Press.

A fellow writer of long standing, and known from coast to coast, said, in speaking of Miss Hind, that: "She knows more people between the Red River and the Rockies than any other person engaged in newspaper work in the western half of the Dominion."

It is a singular and interesting fact that a woman should win prominence in a field of journalism that might be regarded in a country where agriculture is the leading industry, as particularly belonging to men. This has been very widely commented on by papers in other cities and countries, but in the West where we know Miss Hind, her ability and her work, we accept it very much as a matter of course.

Though eastern born, Miss Hind, in outlook, manner and character, is every inch a westerner, with a good claim to being recognized as one of the pioneers of Manitoba. She evidently put some credence in the one-time popular saw: "Go West, young man, go West, and grow up with the country," and considered what was good advice for a young man might quite reasonably be good advice for a young woman of ambition with a willingness to do good hard work. So in her very early twenties she travelled westward with her aunt. Winnipeg at that time had just experienced the famous boom of 1882, and Miss Hind decided that she would make that spot her future home.

Good Use of Opportunities

Success does not just happen. It is brought about by deciding what one wants from life and then proceeding to seize every opportunity that presents itself and bending it towards winning the desired goal. Opportunities are very apt to slip past us because of a lack of recognition of their significance. Miss Hind, with characteristic alertness of mind, created her first opportunity for business success by coming to Winnipeg. She was the first typist in Western Canada, and it was not long before she was employed in the law office of Macdonald and Tupper. It is an interesting fact that she made the first typewritten brief used in the courts of law in Manitoba. But her ambition required wider scope, and she decided to strike out on independent lines, so she established a shorthand and typewriting business of her own.

Making further good use of opportunity Miss Hind made a practice of sending reports of various meetings to the newspaper. Her first article ap-

peared in 1883. She specialized in reporting farm organizations and livestock conventions, and was appointed secretary of the Manitoba Dairy Association. In the course of events she became a regularly-employed market and agricultural reporter for the Free Press. As a member of the writing staff Miss Hind proceeded to forget her skill as stenographer. "There were all kinds of odd jobs around the newspaper office that I might have been asked to do had I kept up my shorthand, so I deliberately let it slip," was Miss Hind's laughing explanation given in answer to a question if she found her shorthand of use to her in writing. A less ambitious woman would have allowed herself to become burdened with routine work.

Miss Hind possesses rare executive ability, and an equally important sense of values. If she stopped to take stock of her own fitness for the tasks she wanted to do she must have found some little satisfaction that she had had a practical training. She had spent childhood days on her grandfather's farm in the county of Grey, Ontario. Her grandfather was interested in purebred livestock and took as much pains to explain the business of farming to his small granddaughter as he did to her two young brothers, who had been left in his charge by the early death of their parents. She had taken a high school course at the nearby collegiate at Orillia. Her experience in a lawyer's office had given her considerable insight into the matter of land values and mortgages. This training, combined with her acquaintance with those interested in grain and livestock farming through the various organizations in Winnipeg, was turned to good advantage in newspaper work.

Work Brings Success

Beginning in 1904, Miss Hind undertook the work that has brought her wide recognition, that of personally inspecting the growing crops and of working out grain estimates. She has working with her 340 local correspondents, who send in reports by wire of conditions in their district during the growing and harvesting season. At the same time Miss Hind covers a wide territory by motor and by train. She is an indefatigable worker. Last crop season, in addition to long train journeys, she drove over 7,000 miles by car in the three prairie provinces. Those who know the usual average condition of country roads can appreciate what travelling that distance by a Ford means.

But it is in livestock reporting Miss Hind takes a particular delight. She is an active member of all the western livestock unions. The large annual exhibitions in the three prairie provinces, as well as at Toronto and Chicago winter shows, know her well.

"I am often asked the question," said Miss Hind, "Isn't it strange for a woman to be doing your line of work?"



Miss E. Cora Hind making an inspection of a grain field

Personally, I have never been able to see why there should be any sex in newspaper work." And that attitude has struck the keynote of her success in an unusual field. She came asking no favor because she was a woman, but she demanded fair opportunity and recognition for work well and faithfully done.

Nor has appreciation been lacking from those with whom Miss Hind has worked. The Edmonton Exhibition Board requested her to open the Spring Show of 1919. The same year the Manitoba Sheep Breeders' Association presented her with a pen of 26 ewes. The Western Livestock Union presented her with a purse of gold and an illuminated address. She is the only woman who has entree to the floor of the Winnipeg Grain Exchange. Two years ago the Manitoba Agricultural College conferred an honorary degree upon Miss Hind which is only given to those who have rendered distinctive service to

Continued on Page 24

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STANDARD WHITE SAUCES

Accurate measurements spell success—Variations of basic recipes

IF you were to make a list of the ways in which a standard white sauce can be employed, I'm sure the number would astonish you. To mention only a few, it is used as a foundation for milk soups, for creamed vegetables, fowl or fish, as an accompaniment for fish, fowl or cutlets, as a binding agent for croquettes, for making souffles, and is useful in other ways with which you are familiar. In fact it is the homemaker's stand-by.

A standard white sauce is very easily made, but it must be smooth, creamy and perfectly cooked to be appetizing. This consistency is secured only by using the ingredients in the right proportions, by combining them carefully and by cooking the mixture thoroughly. Accurate measurements prevent disappointment and ensure the uniformity of excellence everybody desires. In all cookery articles in The Guide, level measures are used whether they are teaspoons, tablespoons or cups. This produces dishes that are correctly proportioned and prevents failures.

In combining the ingredients for white sauces, the butter is melted in the top part of a double-boiler, the flour is added and thoroughly combined. The liquid is poured in with the left hand, using the right hand for stirring. When equal quantities of butter and flour are used, the liquid may be added all at once, but if a larger proportion of flour is used (as in thick sauces) the liquid must be put in a little at a time, carefully combining it before adding any more. Upon this mixing and the subsequent stirring depends the smoothness of the sauce. It is a wise plan to stir constantly until the mixture has finished thickening.

A thorough cooking is necessary to cook the starch properly and to develop the flavor. This usually requires 15 minutes after thickening is completed. Beating with a Dover beater produces a froth that prevents the formation of a scum on a thin sauce.

I find that time is saved by previously heating the milk. I measure it from the pitcher into the top of the double boiler, put it on the range till scalded, and then proceed with the preparation of other foods. When the milk is scalded, back it goes into the pitcher and the butter goes into the pan. This saves using extra utensils and hastens the cooking of the sauce. Of course, a double boiler is the best pan in which to make standard white sauces because there is no danger of the mixture burning. A scorched sauce is far from tempting.

Thin White Sauce

4 T. butter 4 c. milk
4 T. flour 1½ tsp. salt
 ½ tsp. pepper

Melt butter in double boiler, add flour and combine thoroughly. Pour in milk gradually, stirring to prevent lumping until thickening is complete. Cook for 15 minutes longer. This is used for vegetable soups with the addition of one cup vegetable pulp, finely mashed or pressed through a sieve.

Medium White Sauce

5 T. butter 4 c. milk
8 T. flour 1½ tsp. salt
 ½ tsp. pepper

Follow same method as for preceding recipe. This is used in making creamed dishes with chopped meat, fish, fowl or vegetables. Half this recipe with one cup of grated cheese makes a sauce for serving with macaroni or rice as a supper dish. In reducing the size of a recipe be careful to divide each amount exactly. A sauce of this thickness often accompanies fish or boiled fowl.

Thick White Sauce

2 T. butter 1 c. milk
4 T. flour Seasonings

Mix and cook the same as above. This is used for croquettes in the following proportions. To one cup of the above thick sauce add two cups solid material, such as chicken, meat, or fish, chopped finely or ground. When cool, shape as cutlets or croquettes, and

dip in crumbs, egg and crumbs. Fry in deep fat.

A thick white sauce is used in the making of souffles (pronounced sooflay). It is combined with finely-chopped or ground meat, fish, fowl, or vegetables, to which beaten egg yolks and seasonings are added. Then stiffly-beaten whites are folded in and the dish is set in a pan of water in a moderate oven (350 degrees Fahr.), for three-quarters-of-an-hour or until set.

The white sauce recipes given above can be varied by adding chopped parsley, onion, eggs, grated cheese, mushrooms, tomatoes, curry or other such materials that are on hand

Plans for U.F.W.A. Meet

The Guide is in receipt of a letter from Mrs. R. B. Gunn, president of the United Farm Women of Alberta, which outlines the tentative program for the U.F.W.A. convention which is to be held in Calgary, January 20 to 23 inclusive. Judging from Mrs. Gunn's letter the delegates attending the convention are to have an interesting and profitable time. We quote the letter in full:

"Three half-day sessions will be held jointly with the U.F.A. for the discussion of questions of interest to the entire membership. At these sessions also it is proposed to have the election of U.F.A. officers.

"In the separate U.F.W.A. sessions reports will be presented from the conveners of Young People's Work, Immigration, Health, Social Service, Legislation, Co-operative Marketing and Education. Resolutions pertaining to these subjects will follow respective reports. The discussion arising out of reports and resolutions, in the final analysis, is, possibly, what largely determines the value and indicates the spirit of the convention. What the convention shall be in this respect can not be predicted beforehand, but will be the result of the group thought contributed by the delegates.

"A place on the program has been set aside for an address by the Hon. Irene Parlby. Mrs. Parlby's interest in the organization and insight into its activities and progress is just as keen as when she so ably served the organization as president. Her address will prove both informative and inspirational.

"The U.F.W.A. Executive has also allotted space for an address by Miss Agnes Macphail, M.P. We hope that nothing will prevent Miss Macphail's attendance. This will be the first opportunity for Alberta farm women to hear Miss Macphail. In order that the convention may have an opportunity of meeting her, immediately after her address, Friday afternoon, the conventions will adjourn and a reception and tea will be held. The ladies of the Calgary local have charge of this item.

"Miss Jessie Montgomery, librarian, Extension Service, University, is always a welcome visitor to our convention. An invitation has been extended to Miss Montgomery to address the convention.

"In connection with Mrs. Field's health report, Miss Patrick, of the University of Alberta, will give a twenty-minute address on Child Nutrition.

"A round table conference lead by Mrs. Leona R. Barritt on Organization and Local Work, has been arranged at this time too. Delegates to the convention will give brief reports of local work.

"The usual routine program will be carried out in regard to greetings from fraternal delegates, election of officers, etc.

"A cordial invitation is extended to all U.F.W.A. members to come as visitors, if not as delegates, to the convention.

"That this convention may mark much progress in our work, and prove an inspiration to officers and membership for increasing thought and activity in 1925, is the earnest desire of those in charge of the program."

SHORT CUTS TO FOOD MEN REALLY LIKE



A "company" cake —ready to bake in five-minutes!

What a joy it is to give your family something specially good to eat! Don't let lack of time deprive you of this pleasure.

Here's a delicious cake that actually beats the clock! With all the fruity richness of raisins, it has a wonderful holiday taste and look. Yet there are no layers and no frosting to fuss with. Just follow the recipe given below for Raisin Loaf Cake. Notice how it saves you work—the separate creaming of butter and sugar—the separate beating of eggs. You're ready to bake in five minutes.

Many time-saving recipes and hints of this kind are given in the folder, "Short Cuts to Food Men Really Like." Use the coupon below to send for it today—also the new 46 page book, "Recipes with Raisins."

Raisin Loaf Cake

½ cup soft butter; 1½ cups sugar; 2 eggs; ¾ cup milk; 1¾ cups flour; 2 level teaspoons baking powder; ½ teaspoon each nutmeg and cinnamon; 1 cup Raisins. Put all ingredients in a bowl and beat together 2 or 3 minutes. Bake in a bread tin.

The new "Market Day Special"

Plump, tender, seedless raisins from the famous San Joaquin and Sacramento valleys in California now come in this new large-size package. Save money—ask your grocer for it today



A 4 lb. bargain
in raisins

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All raisins grown and packed by Sun-Maid are produced and perfected through the co-operative efforts of over 16,500 California farmers. To our friends, on the farms, we offer this delicious sun-cured fruit of our vineyards.

FREE—the valuable folder, "Short Cuts to Food Men Really Like," and also the new 46 page book, "Recipes with Raisins." Just fill out this coupon and mail it today

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TO FOOD
MEN REALLY
LIKE

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☐ The folder, "Short Cuts to Food Men Really Like."
☐ The 46 page book, "Recipes with Raisins."

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Kitchen Utensils




Old Dutch Cleanser
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**WON'T SCRATCH.
Contains no lye
or acids.
Goes further.
Does better work.**

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"Chaffless Coffee"*



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PURITY FLOUR

"More Bread and Better Bread"
and Better Pastry too

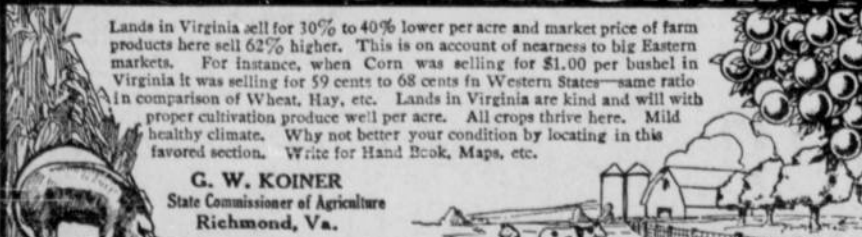


USE IT IN
ALL YOUR
BAKING

COME TO VIRGINIA

Lands in Virginia sell for 10% to 40% lower per acre and market price of farm products here sell 62% higher. This is on account of nearness to big Eastern markets. For instance, when Corn was selling for \$1.00 per bushel in Virginia it was selling for 59 cents to 68 cents in Western States—same ratio in comparison of Wheat, Hay, etc. Lands in Virginia are kind and will with proper cultivation produce well per acre. All crops thrive here. Mild healthy climate. Why not better your condition by locating in this favored section. Write for Hand Book, Maps, etc.

G. W. KOINER
State Commissioner of Agriculture
Richmond, Va.



NOTICE LANDS AND MINERALS—THE HUDSON'S BAY COMPANY
Offers for sale approximately 3,000,000 acres of DESIRABLE AGRICULTURAL LANDS IN MANITOBA, SASKATCHEWAN AND ALBERTA. Various parcels may be leased for HAY and GRAZING purposes for a three-year period, at reasonable rentals. The Company is also prepared to receive applications for COAL MINING AND OTHER VALUABLE MINERAL LEASES actually needed for development. For full terms and particulars apply to LAND COMMISSIONER, HUDSON'S BAY CO., WINNIPEG, MAN.

TOBACCO by Parcel Post
Choice Old Canadian-grown Virginia flue-cured and Kentucky natural leaf tobacco, at 30 to 80 cents per pound, postpaid. A two-pound package of samples will be sent to any address in Canada for \$1.00. Five-pound package, \$2.00. Money refunded if dissatisfied.
Ruthven Co-operative Tobacco Exchange
RUTHVEN, ONT.

Trips by Motor

Continued from Page 7

did not have perfect repose at night, due to the hard ground and chilliness. The cook finally became sore at the camp managers for not making good beds, and said he would show them. So he procured the necessary fir boughs and made the bed. Alas, however, the fir boughs were spruce and the spines insisted on sticking through the ground blanket, much annoying the sleepers. We will, however, give the cook the credit of making a good bed on the night following. He had learned by the experience of personal contact to distinguish fir and spruce.

Early on Friday afternoon, just six days after leaving, we again entered the capital. We found plenty of work awaiting our attention, so we were soon busy after having what was voted by all to have been the best of vacations in the most ideal weather, over the choicest of roads in a God favored country.

A VISIT TO FISH LAKE

By Agnes McKenzie

ON Saturday, June 15, 1923, my brother and his wife, my brother's friend, our cousin, who had just motored from Minnesota, and I, started in the early morning for Fish Lake, Saskatchewan. We had arranged beforehand to have a neighbor milk the cows while we were away, and the horses were turned out into the pasture.

My sister-in-law and I had prepared enough food to last our party for the three days we planned to be away from home. We took only what could be conveniently packed and carried: cooked potatoes, ham and chicken, bacon and eggs, tea, coffee and lemons, bread and rolls, butter, jam, cake, cookies and tarts. Just what dishes were necessary, the frying pan, a covered kettle, a pan, and a water pail were packed into the car. Two suitcases carried a change of clothing, towels, soap, and toilet articles. These were placed in the carrier on the running board.

Woolen blankets and cushions were spread on both seats of the car, to serve as bedding in the tent we intended to hire at the lake. Packed this way, they took up very little room, and were an added comfort in travelling.

It was a perfect day with an exhilarating breeze from the west. The fields and bluffs we passed were beautifully green in the morning sunlight. We drove through Maryfield, Fairlight, Walpole and Wawota. The country became more rolling after we passed through Walpole, and in the distance we could see the range of blue hills which are called the Moose Mountains. As we drew nearer to the hills, the country became less cultivated.

After following a winding road for five miles, up and down and around steep hills, densely covered with trees, we suddenly had a pleasing glimpse of the lake through a wide indentation in the hills. Farther on, we passed Clark's hotel and then came into full view of the lake, with its blue waters sparkling in the sunlight. There were several wooded islands scattered through it, and the surface was dotted here and there with row-boats. The many cars parked beneath the trees and in the open, bore the license plates of several northern states, as well as those of the Canadian provinces.

We followed the shore for a short distance until we came to We-non-cha pavilion. Later we learned that this quaint name was of Indian origin, meaning Canadian. We chose our camp-site close by, and my brother backed the car under the trees.

Gladys and I proceeded to spread our lunch on a table cloth on the ground, while one of the boys went to hire a tent, and the others to the pier to secure a boat for as long as we should need it.

After lunch, our tent was ready, and we put everything into it. We all went down to test our boat, but the stiff breeze was blowing the waves in with such force that we would have been soaked but for the suggestion of our American cousin, who was a more experienced camper than the rest of us,

Continued on Page 25

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On New, Low, Easy-Pay-Plan. Full year to pay.

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Try any American Separator, in your own way, at our risk. If it is not the closest skimmer, easiest to turn and clean, and best Separator for the least money, return at our expense and every cent received promptly refunded.

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140 Egg Incubator \$17.60

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Before churning add one-half teaspoonful to each gallon of cream and out of your churn comes butter of Golden June shade. "Dandelion Butter Color" is purely vegetable, harmless, and meets

all food laws. Used for 50 years by all large creameries. Doesn't color butter-milk. Tasteless. Large bottles cost only 35 cents at drug or grocery stores. Write for free sample bottle.

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NO Firing or Caustery for Spavin



The most stubborn spavins yield to Gombault's Caustic Balsam. It produces the same results as firing or cauterizing—but without leaving blemish or scar. Hair returns to its natural color.

Gombault's Caustic Balsam, imported from France, is made from oils of marvelous penetrative and curative power.

An unequalled remedy for Spavin, Capped Hock, Curb, Splint, Ringbone, Thoroughpin, Barbed Wire Cuts, etc.

Cheap at the price, because it goes farther than any liniment, and you can always RELY UPON IT. \$1.50 at your druggist's, or direct from us upon receipt of price.

Good for you, too.

It scatters congestion and destroys pain; effective yet harmless. The Lawrence-Williams Company, Toronto, Ontario. Sole Distributors for Canada.

GOMBAULT'S Caustic BALSAM

SOME ORIGINAL DEVICES

Conveniences for saving time and strength
contributed by readers

Stand for Flour Can

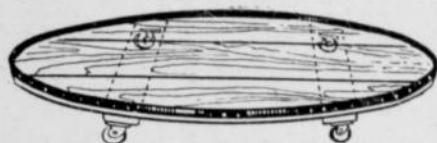
I FOUND that my flour can had become rusty and had a stand made that keeps it perfectly dry. One-inch boards were cut to form a circle about an inch larger than the can. Across the bottom were nailed two strips to hold the boards together. Into these strips were fastened four casters. A hoop from a wooden barrel was cut off the right length and tacked around the stand so that the top of hoop is at least one-quarter of an inch above the stand. Then the whole thing was painted the color of the floor. It is now so easy to move the can when wishing to clean under it.—M. M.



nailed it to the corners. Next I made a rack from the back of another old chair (broom-sticks would do as well), and

Protection from Winds

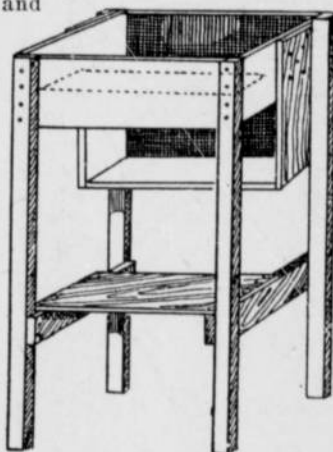
My husband made a very convenient arrangement whereby I can hang up the clothes in the woodshed without having to step outside. He cut an oblong piece out of the woodshed wall and made a door



with it. On one side he cut two grooves through which the lines could slip and on the other side he put hinges. The lines work on pulleys, one of which is attached to a pole in the yard and the other to the wall of the house on the inside of the shed. Thus, when ready to hang out clothes I pin them to the line in the woodshed. As soon as the wire is full I open the door and pull the line until the clothes are outside. Then I close the door and continue to hang up more articles. This arrangement is splendid in winter when the winds are icy and also in spring and fall on chilly days.—Mrs. A.

For the Baby's Bath

From an old chair, light in weight, I made a most convenient receptacle for holding the baby's bath equipment, and also his clothes, while I am undressing him. The seat of the chair was out, so I nailed a strong board over it and covered it with white oilcloth. Just below this I made a shelf by tacking white oilcloth across the rungs, splitting it at the four corners and



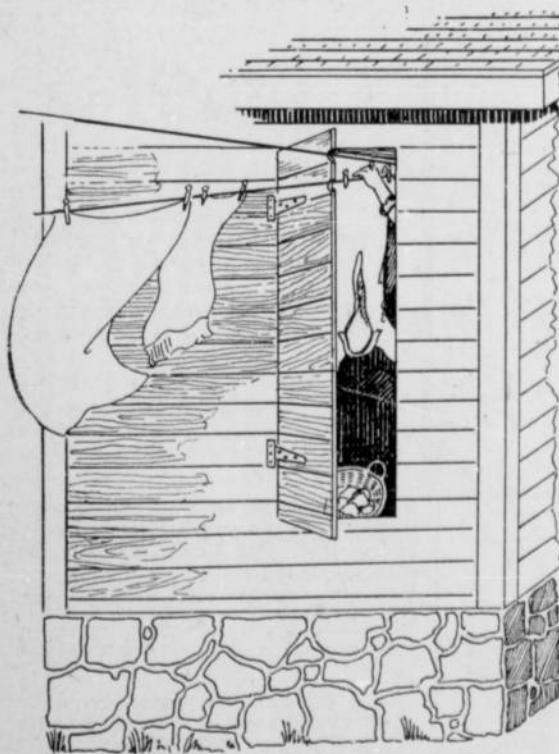
M. B. C.

Strong High Chair

As we had no high chair for our baby my husband put legs on an apple box and raised it to the level of the table. Then he sawed out the bottom half at the front end, leaving the other half as a seat. As this was not strong enough he removed it and put in a piece of lumber. Then he nailed strips between the back and front legs to form braces and set them the right distance from the seat to make a foot rest for the baby. Across these braces he nailed a board which makes a comfortable footrest. He then nailed another board to the front end for a table. Now that it is nicely painted it is a neat comfortable chair for sonny at the table.—Mrs. W. O.

Shelf for Preserves

My husband built a shelf by the cellar stairs for fruit sealers, to save having to go all the way down. It is 5 ft. long, 33 ins. wide and is suspended by pieces of 2 x 4-in. lumber, at a distance of 18 inches below the floor joist. The shelf is made of 1-in. boards. The potato bin is directly underneath it, the side being used as one of the supports for the shelf on one side.—Mrs. F. J. S.



MONEY FOR LABOR SAVERS

Have you a piece of home-made equipment in the house that saves you time, money and strength? If so, send a sketch and a good description to The Household Editor, The Grain Growers' Guide, Winnipeg, Man. Ideas for outdoor farm equipment not wanted at present. Regular rates paid for material suitable for use.

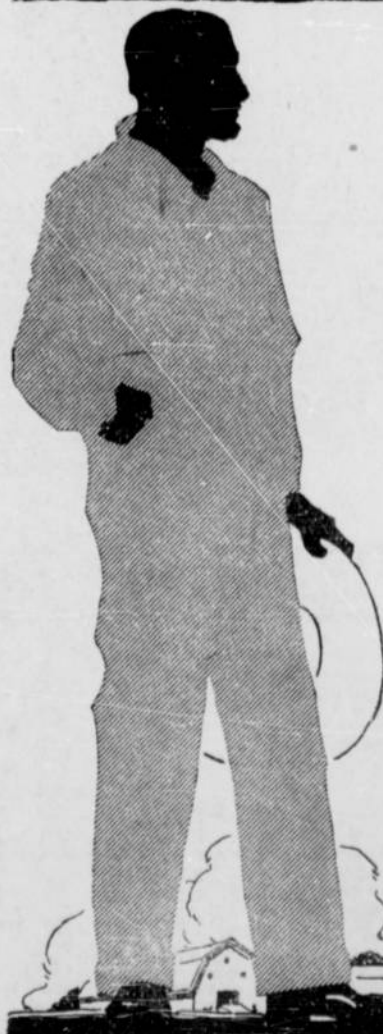


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When nature beckons, Kodak calls and you put the scene in a picture. It's all easy the Kodak way and pleasure a-plenty as well.

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Work Shirts and Pants, Children's Play Garments, Sport Clothes, Dresses, will give the longest wear and satisfaction if made of guaranteed



Woven from best of cotton—sulphur dyed—every piece inspected. Tested by BOILING—SOAP—SCRUBBING—ACID—LIGHT—SODA. Cannot fade or lose original color.

Sold in garments made up, and by the yard, at good stores everywhere.

Product of
THE MONTREAL COTTONS
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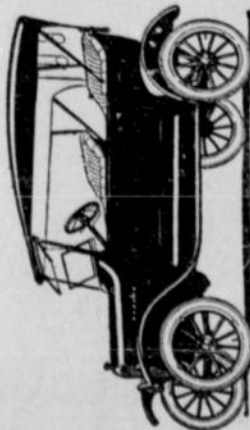
CAN YOU SOLVE THIS CORRECTLY?

FASCINATING
PROFITABLE

THE
PROBLEM IS HOW MANY SHEAVES ON THIS FIELD?

INSTRUCTIVE
AMUSING

First Prize



Ford Touring Car, 1925 Model, 5-passenger, value \$865 f.o.b. Calgary. This car will be purchased from the Universal Motor Cars Limited, Calgary, and will be delivered free of charge through the winner's nearest Ford dealer. (See prize list).

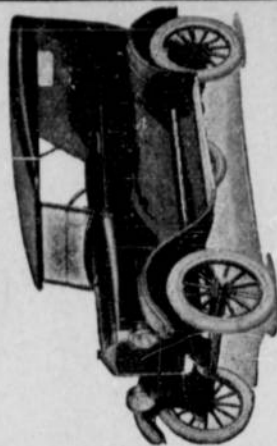
Start Counting
Tonight

Take a pencil and put down the numbers as you stroke them out, then add them up. We would suggest that you cut the chart into dozens of pieces, add the numbers on each piece, and total the result.

Urge Your
Children to Enter

As a brain developer there is nothing like a knotty problem. Parents should encourage their children to participate in this contest. There is no trick or chance involved. Every figure is in plain view. Any one who can add can solve this puzzle.

First Prize



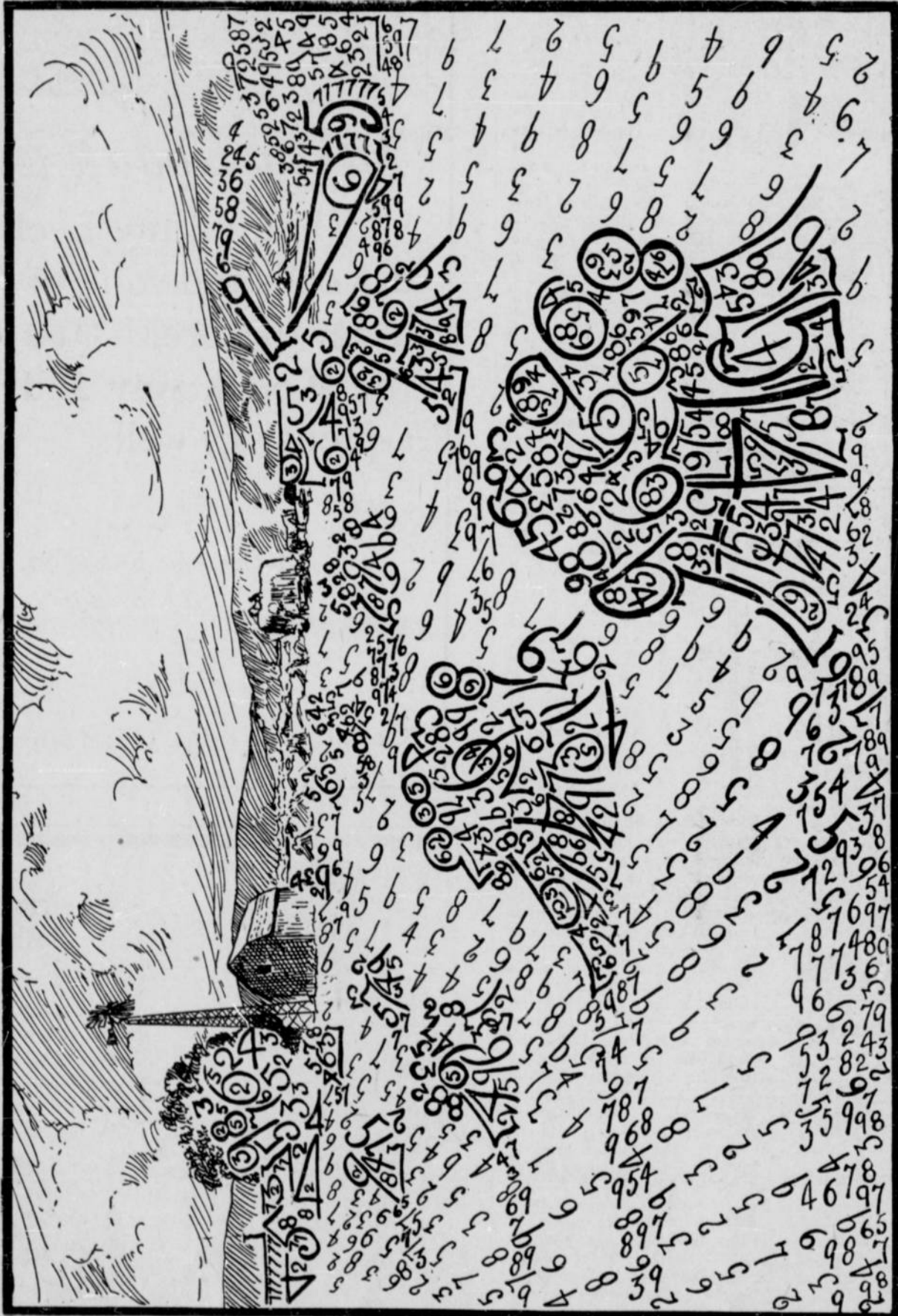
Star Touring Car, Model F, 1925, 5-passenger, value \$895 f.o.b. Winnipeg. This car, if chosen, will be delivered free of charge through the winner's nearest Star dealer. (See prize list).

Save This Page

It may mean \$1,395 to you. Sixty Free Prizes. This is not a trick puzzle but merely a test of patience and skill. Surely your chance of winning is as good as anyone else's.

Not Luck! Not
Chance!

Effort alone will win the prizes. Don't delay, start counting today. There are absolutely no tricks in this figure puzzle. Circle any number that you cannot make out on your chart; send it to us and we will gladly give a ruling on it.



THE PROBLEM

The problem is to find the sum total of the figures, which, when added together, represent the total number of sheaves on the field. Every figure is complete and the drawing is entirely free from tricks and illusions, but like a lot of other things, it is not as easy as it looks. Figures range from two to nine, each standing alone thus, two, three, four, five, six, seven, eight and nine. There are no ones or ciphers in the chart. The tops of the sixes are curved, while the bottoms of the nines are straight. By looking at any figure carefully you can easily tell what it is. However, to pick out all the figures and add them together correctly is a task that requires both patience and skill. This is one of the most attractive figure puzzles that has ever been produced, and it would be worth while to solve even though no prizes were offered. In the event that no one obtains the exact answer, the prizes will be awarded for the nearest correct solution. Accuracy and patience are the main factors for arriving at the correct or nearest correct count. Those who display these qualifications to the best advantage will solve the puzzle best.

We wish to have it clearly understood that there are no figures in any part of the background, such as the sky, hills, tree tops, windmill, loaded rack and horses, or barn. No part of the background is made of figures. There is no trick in this puzzle. Every figure can be plainly seen.



Judges

GENERAL RULES

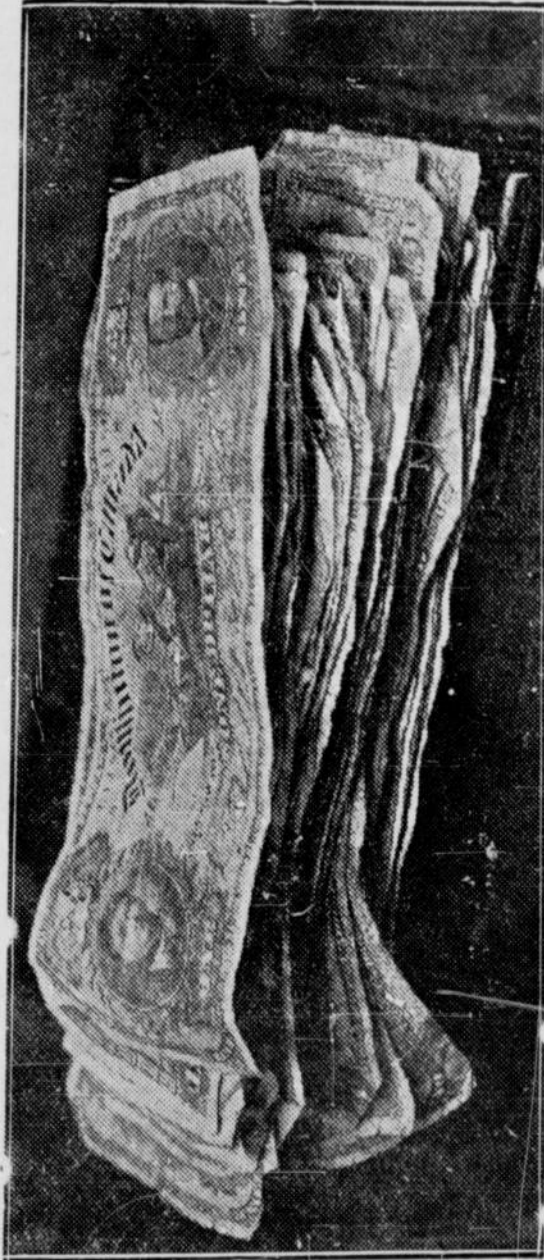
1. This contest is open to everyone except employees of The Grain Growers' Guide.
2. Additional puzzle charts on a good grade of paper may be obtained by writing to this office. They will be mailed to you free of charge.
3. Competitors must fill out the entry blank and enclose a subscription of not less than \$1.00, which will be credited to their accounts, both as an entrance fee to the contest and as a prepaid subscription to The Grain Growers' Guide, which will then be sent at the regular rate until the expiration of the subscription.
4. The full amount of your subscription must be sent direct to the Contest Department, of The Grain Growers' Guide. So be sure your agent or postmaster does not deduct his commission.
5. You have the same chance of winning a prize by paying a \$1.00 subscription as you would have by paying a larger amount, but the amount of the first five prizes depends greatly upon the amount of subscription money you send in to the Contest Department.
6. The contest is open to both old and new subscribers alike, anyone may help you in collecting subscriptions or solving the puzzle.
7. Subscriptions for \$1.00 and over are transferable. A subscription makes a very acceptable birthday or other present. The Grain Growers' Guide will be sent to any address in Manitoba, Saskatchewan or Alberta specified by the contestant.
8. In case of a tie for any prize, a second puzzle will be presented, which will be as practicable and as solvable as the first. Only those tied will be permitted to solve Puzzle No. 2. Should two or more persons be tied for any prize, that prize and as many other prizes following as there are persons tied, will be reserved for them, before any prizes will be awarded for less correct solutions.
9. One person cannot win more than one Regular prize.
10. Every figure in this picture is complete, and the drawing entirely free from tricks and illusions. If any contestant is in doubt, however, about a figure, the Contest Department will be glad to give a ruling on it. Put a circle around the figure and send the chart with your letter.
11. Entries unaccompanied by a cash subscription will not be accepted. No solution can be changed after it is once registered.
12. If a subscriber, who has given his subscription to some other contestant to send in, desires later to send a solution to the puzzle, he can do so. He does not require to send any further payment on subscription unless he wants to.
13. All cheques, postal notes, bank, postal, or express money orders, etc., should be made payable to The Grain Growers' Guide.
14. Only those tied will be permitted to solve Puzzle No. 2. There will be no Third Prize, and no remittances will be accepted on Puzzle No. 2.
15. The contest will close on February 28, 1925, but send in your solution as soon as possible as there are special prizes for some early solution senders.
16. The Contest Department of The Grain Growers' Guide reserves the right to alter the rules and regulations. Also to refund subscriptions and disqualify any competitors whom they consider undesirable. Also to finally decide all questions which may arise. Competitors must abide by their decisions.

First Prize



Overland Touring Car, 1925 Model, 6-passenger, value \$895 f.o.b. Winnipeg. This car, if chosen, will be delivered free of charge through the winner's nearest Overland dealer. (See prize list).

\$300000 IN PRIZES



60 FREE PRIZES

Solution and Remittance Blank to be Sent in by Contestants

All contestants must use this Blank when sending in solutions.

My answer to the problem is.....

I desire to enter your Figure Puzzle Contest, and herewith remit, in accordance with conditions of same, the sum of \$....., which please place to my credit.
Subscriptions collected from the following:

Name	Address	New or Renewal		Amount
.....			\$.....
.....			\$.....
.....			\$.....
.....			\$.....
.....			\$.....

Is this your first remittance on this puzzle? Yes or No.

Total amount of money sent in on the above answer is \$.....

If this is a winning solution, send prize to.....

(Please print name and address plainly)

IMPORTANT—Be sure to answer all questions and address all communications to:

THE CONTEST DEPARTMENT, Care of
The Grain Growers' Guide - **Winnipeg, Man.**

One of the Judges

\$300000 in Prizes

FIRST PRIZE—Has a value up to \$1,395. Choice of: Five-passenger Chevrolet, Overland or Star touring car, plus 20 times the amount of cash sent in up to \$25. To qualify the contestant must send in at least one five-year subscription.

FIRST PRIZE—If contestant does not qualify as above, has a value up to \$1,165: Ford 6-passenger touring car, plus 20 times the amount of cash sent in up to \$25.

SECOND PRIZE—Has a value up to \$550. \$300 cash, plus 10 times the amount sent in up to \$25.

THIRD PRIZE—Has a value up to \$325: \$200 cash, plus 5 times the amount sent in up to \$25.

FOURTH PRIZE—Has a value up to \$200: \$150 cash, plus twice the amount sent in up to \$25.

FIFTH PRIZE—Has a value up to \$125: \$100 cash, plus the amount sent in up to \$25.

SIXTH PRIZE—\$75 cash.

SEVENTH PRIZE—\$50 cash.

EIGHTH PRIZE—\$25 cash.

NINTH TO TWENTY-FOURTH PRIZES—15 cash prizes of \$10 each.

TWENTY-FIFTH TO FIFTY-FIFTH PRIZES—30 cash prizes of \$5.00 each.

SPECIAL PRIZES

To encourage contestants to send in their solution as soon as they have finished them, we have decided to give some special prizes amounting to \$50.

The one that has sent the correct or nearest correct answer of the puzzle to the contest office on or before January 19, will receive a special prize of \$25.

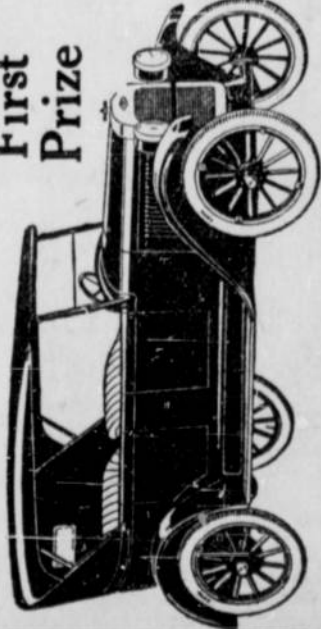
The person sending in the next nearest correct answer will receive a special prize of \$15.

The person sending in the third nearest correct answer will receive a special prize of \$10.

In case of a tie, this special \$50 will be equally divided amongst those tying.

The winning of a special prize does not interfere in any way with your winning one of the other prizes. However, winners of special prizes will not be announced until contest closes, because judges cannot give us the correct answer until that time.

First Prize



Chevrolet Touring Car, 1925 Model, 5-passenger, value \$865 f.o.b. Winnipeg. This car, if chosen, will be delivered free of charge through the winner's nearest Chevrolet dealer. (See prize list).

"Headaches, Bilious Spells, Are Now All Gone"

Mrs. John Ireland, Nobleton, Ont., writes:



"I was a great sufferer from severe headaches and bilious spells. I tried a number of remedies without obtaining any benefit until I was advised to use Dr. Chase's Kidney-Liver Pills. These completely relieved me, and made me feel like a new person. I am very grateful to Dr. Chase's Medicines for what they have done for me, and you may use my letter for the benefit of others."

Dr. Chase's Kidney-Liver Pills

35 cts. a box of 35 pills, Edmanson, Bates & Co., Ltd., Toronto

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Luck or Law

Luck at the best is a gambler's chance—the sport of circumstances, but the operation of law is certain. Are your interests protected by the Law of Life Insurance or depending on "Luck"?



Great-West
Life Insurance Company
HEAD OFFICE - WINNIPEG

Genuine **ASPIRIN**

Insist on BAYER TABLETS OF ASPIRIN

Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians 24 years for

Colds Headache Neuralgia Lumbago
Pain Toothache Neuritis Rheumatism

Safe

Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoacetic-acidester of Salicylic acid (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

WHEN WRITING TO ADVERTISERS, PLEASE MENTION THE GUIDE

THE WINDOW-GAZER

By ISABEL ECCLESTONE MACKAY

(Continued from Last Week)

What Has Happened So Far

Benis Hamilton Spence, a young professor from Ontario, arrived at the cottage of Dr. Farr, situated off the West coast, near Vancouver. He came for a rest and to study Indians. He found the doctor a half-demented old rogue, who had taken a month's board in advance, but had no intention of letting Spence remain as guest. Other members of the Farr household were: Li Ho, the Chinese cook, and Desire, the Doctor's daughter. Spence had a seizure of sciatica, which his friend and doctor, familiarly dubbed "Bones," had warned him might come at any time. Desire nursed him and a friendship grew between the shy professor and the charming but very matter-of-fact young woman. Speaking of her childhood days Desire told Spence that she was a window-gazer—that life, she knew, was on sale somewhere, but she never would be able to buy it. The more Spence saw of Dr. Farr the more he feared some evil intent on the part of the old man. When the time came for the professor to leave he proposed marriage to Desire on the ground that he wanted a secretary and a wife to keep his home, and to save him from the schemes of his Aunt Caroline, who was most insistent that he get married; while Desire would be able to get away from the dreadful old Doctor and to live among happy surroundings. They both agreed to leave love out of the counting altogether. To convince Desire that their plan would work successfully Spence manufactured a story about having been in love at one time with a girl named Mary, who had jilted him. He told her he would never love again. On the night they eloped to get married Spence found Dr. Farr in Desire's empty room, very evidently there with the intention of murdering her. Worrying over Benis' prolonged stay and his health, Aunt Caroline at last persuaded Dr. John Rogers to accompany her on a trip to the coast to find out how the professor was getting along. They arrived at Friendly Bay, where Benis and Desire were spending their honeymoon.

CHAPTER XVI

WE left the professor somewhat abruptly in the midst of a cryptic ejaculation of "My Aunt!"

"How can it be your Aunt?" asked Desire reasonably.

"I don't know how. But, owing to some mysterious combination of the forces of nature, it is my Aunt. No one else could wear that hat."

"Then hadn't we better go to meet her? You can't sit here all night."

"I know I can't. It's too near. We didn't see her soon enough!"

"Cowardly custard!" said Desire, stamping her foot.

The professor's mild eyes blinked at her surprise. "Good!" he said with satisfaction. "That is the first remark suitable to your extreme youth that I've ever heard you make. But the sentiment it implies is all wrong. Physical courage, as such, is mere waste when opposed to my Aunt. What is wanted is technique. Technique requires thought. Thought requires leisure. That is why I am sitting here behind a boulder—what is she doing now?"

Desire investigated.

"She is walking up and down."

"A bad sign. It doesn't leave us much time. The most difficult point is the introduction. Now, in an introduction, what counts for most? Ancestors, of course. My dear, have you any ancestors?"

"Not one."

"I was afraid of that. In fact I had intended to provide a few. But I never dreamed they would be needed so soon. What is she doing now?"

"She has stopped walking. She has turned. She is coming this way."

"Then we must take our chance." The professor rose briskly. "Never allow the enemy to attack. Come on. But keep behind me while I draw her fire."

Aunt Caroline advanced in full formation.

"Benis. Ben-nis!" she called, piercingly. "He can't be very far away," she declared over her shoulder. "I have a feeling—Benis!"

"Who calls so loud?" quoted the professor innocently, appearing with startling suddenness from behind the boulder. "Why!" in amazed recognition. "It is Aunt Caroline!"

"It is." Aunt Caroline corroborated grimly.

"This is a surprise," exclaimed the professor. As we have noted before, he liked to be truthful when possible. "How'd'you, Aunt! However did you get here?"

"How I came," replied Aunt Caroline, "is not material. The fact that I am here is sufficient."

"Quite," said Benis. "But," he added in a puzzled tone, "you are not alone. Surely, my dear Aunt, I see—" "You see Dr. Rogers who has kindly accompanied me."

"John Rogers here? With you?" In rising amazement.

"It is a detail." Aunt Caroline's voice was somewhat tart. "I could scarcely travel unaccompanied."

"Surely not. But really—was there no lady friend—"

"Don't be absurd, Benis!" But she was obscurely conscious of a check.

"Hello, Benis!" said Rogers, coming up late and reluctant. "Sorry to have dropped in on you like this. But your Aunt thought—"

"Don't say a word, my dear fellow! No apology is necessary. I am quite sure she did. But it might be a good idea for you to do a little thinking yourself occasionally. Aunt is so rash. How were you to know that you would find us at home? Rather a risk, what? Luckily, Aunt," turning to that speechless relative with reassurance, "it is quite all right. My wife will be delighted—Desire, my dear, permit me—Aunt, you will be glad, I'm sure—this is Desire. Desire, this is your new Aunt."

"How do you do?" said Desire. "I have never had an Aunt before."

It was the one thing which she should have said. Had she known Aunt Caroline for years she could not have done better. But, unfortunately, that admirable lady did not hear it. She had heard nothing since the shattering blow of the word "wife."

"John," she said hoarsely. "Take me away. Take me away at once!"

"Certainly," said John. "Only it's frightfully damp in the woods. And there may be bears."

"Bears or not. I can't stay here."

"Oh, but you must," Desire came forward with innocent hospitality. "You can sleep on my cot and I'll curl up in a blanket. I am quite used to sleeping out."

Aunt Caroline closed her eyes. It was true then. Benis Spence had married a squaw! Blindly she groped for the supporting hand of the doctor. "John," she moaned, "did you hear that? Sleeping out—oh, how could he?"

"Very easily, I should think." Under the slight handicap of assisting the drooping lady to her chair, John Rogers looked at Desire, standing now within the radius of the camp fire's light—and once again he felt the strangeness as of some half-glimpsed prophecy. "She is wonderful," he added. "Look!"

Aunt Caroline looked, shuddered, and collapsed again upon a whispered "Indian!"

"Nonsense!" Rogers almost shook her. And yet, considering the suggestive force of the poor lady's preconceived ideas, the mistake was not unpardonable. In those surroundings, against that flickering light, standing, straight and silent in her short skirt and moccasins, her leaf-brown hair tied with bracken and turned to midnight black by the shadows, her grey eyes mysterious under their dark lashes, and her lips unsmiling, Desire might well have been some beauty of that vanishing race. A princess, perhaps, waiting with grave courtesy for the welcome due her from her husband's people.

"And not a bit ashamed of it," murmured Aunt Caroline in what she fondly hoped was a whisper. "Utterly callous! Benis," in a wavering voice, "I had a feeling—"

"Wait!" interrupted Benis, producing a notebook and pencil. "Let us be exact, Aunt. Just when did you notice he feeling first?"

"What difference does that make?" Aunt Caroline's voice was perceptibly stronger.

"Wonderful thing—this psychic sense," went on her nephew. "Fancy you're knowing all about it even before you got my letter!"

"Did you send a letter?" asked

Aunt Caroline after a pause.

"Why Aunt! Of course. Two of them. Before and after. But I might have known you would hardly need them. If you had only arrived a few days sooner, you might have been present at the ceremony."

"Ceremony? There was a ceremony."

"My dear Aunt!"

"The church service?"

"My dear Aunt!"

"In a church?"

"Not exactly a church. You see it was rather late in the evening. The caretaker had gone to bed. In fact we had to get the rector out of his."

"Benis!"

"He didn't mind. Said he'd sleep all the better for it. And he wore his gown—over his pyjamas—very effective."

"Had the man no conscientious scruples?" sternly.

"Scruples—against pyjamas?"

"Against mixed marriages."

"I don't know. I didn't ask him. We weren't discussing the ethics of mixed marriage."

"Don't pretend to misunderstand me, Benis. For a man who has married an Indian, your levity is disgraceful."

"How ridiculous, Aunt! If you will listen to an explanation—"

"I need no explanation," Aunt Caroline, once more mistress of herself rose majestically. "I hope I know an Indian when I see one. I am not blind, I believe. But as there seems to be no question as to the marriage, I have nothing further to say. Another woman in my place might feel justified in voicing a just resentment, but I have made it a rule to expect nothing from any relative, especially if that relative be, even partially, a Spence. When my poor, dear sister married your father I told her what she was doing. And she lived to say, 'Caroline, you were right!' That was my only reward. More I have never asked. All that I have ever required of my sister's child has been ordinary docility and reliance upon my superior sense and judgment. Now when I find that, in a matter so serious as marriage, neither my wishes nor my judgment have been considered, I am not surprised. I may be shocked, outraged, overwhelmed, but I am not surprised."

"Bravo!" said Benis involuntarily. He couldn't help feeling that Aunt Caroline was really going strong. "What I mean to say," he added, "is that you are quite right Aunt, except in these particulars, in which you are entirely wrong. But before we go further, what about a little sustenance. Aren't you horribly hungry?"

"I am sure they are both starved," said Desire. "And I hate to remind you that you ate the last sandwich. Will you make Aunt Caroline comfortable while I cut some more? Perhaps Dr. John will help me—although we haven't shaken hands yet."

She held out her hands to the uneasy doctor with a charming gesture of understanding. "Did you expect to see a squaw, too, Doctor?"

"I expected to see, just you." His response was a little too eager. "I had seen you before—by a pool, bending over—"

"Oh, the photograph? Benis is terribly proud of it."

"Best I've ever done," confirmed the professor. "Did you notice the curious light effect on that silver birch at the left?"

"Wonderful," said Rogers, but he wasn't thinking of the light effect on the silver birch. As he followed Desire to the tent his orderly mind was in a tumult. "He doesn't know how wonderful she is!" he thought. "And she doesn't care whether he does or not. And that explains—" But he saw in a moment that it didn't explain anything. It only made the mystery deeper.

"And now, Benis, that we are alone—" began Aunt Caroline.

We may safely leave out several pages here. If you realize Aunt Caroline at all, you will see that at least so much self-expression is necessary before anyone else can expect a chance. Time enough to pick up the thread again when the inevitable has happened and her exhausted vocabulary is replaced by tears.

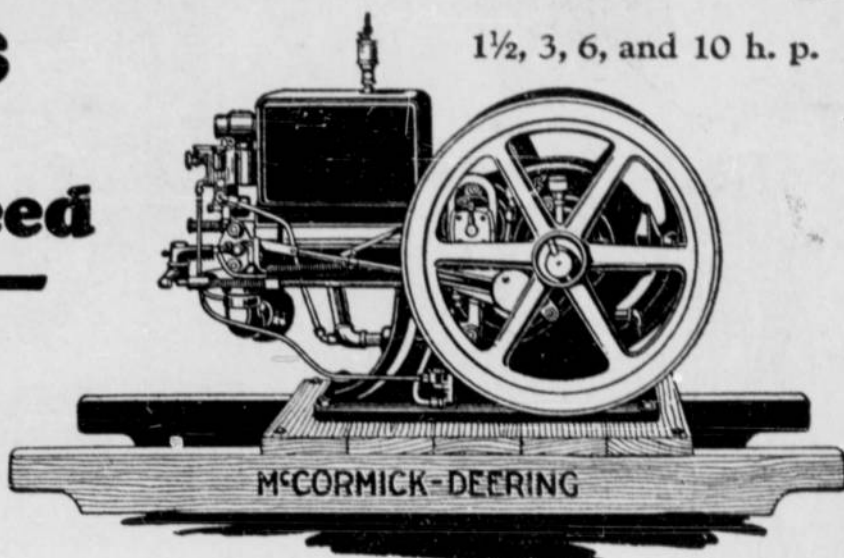
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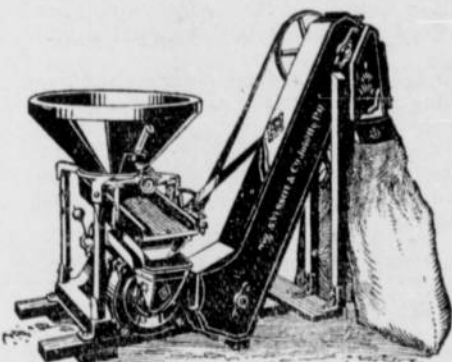
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"Not that I care at all for my own feelings," wept Aunt Caroline. "There are others to think of. What will Bainbridge say?"

Her nephew roused himself. From long experience he knew that the worst was over.

"Bainbridge, my dear Aunt," he said, "will say exactly what you tell it to say. It was because we realized this that we decided to leave the whole matter in your hands—all the announcing and things. But of course," with resignation, "if we have taken too much for granted; if you are not equal to it, we had better not come back to Bainbridge at all."

"Oh," cried Aunt Caroline with fresh tears. "My poor boy! The very idea! To think that I should live to hear you say it! How gladly I would have saved you from this had I known in time."

"I am sure you would, Aunt. But the gladness would have been all yours. I did not want to be saved, you see, and people who are saved against their will are so frightfully ungrateful. Wouldn't you like a dry hanky? Just wait till you've had a couple of dozen sandwiches. You'll feel quite differently. Think what a relief it will be to have me off your mind. You can re-

lax now, and rest. You've been overworking for years. Consider how peaceful it will be not to have to ask any more silly girls to visit. You know you hated it, really, and only did it for my sake."

"I did everything for your sake," moaned Aunt Caroline brokenly. "And they were silly. But I hoped you would not notice it. And you will never know what I went through trying to get them down for breakfast at nine."

"I can imagine it," with ready sympathy. "They always yawned. And there must have been many darker secrets which I never guessed. You kept them from me. Do you remember that hole in Ada's stocking?"

"Yes, but I—"

Never mind. The fib wasn't nearly as big as the hole. But how could you expect me to help noticing the general lightness and frivolity of your visitors, shown up so plainly against the background of your own character?"

"Yes. I didn't think of that."

"Perhaps I should never have married if I had not got away—from the comparison, I mean."

"There was a danger, I suppose. But," with renewed grief, "Oh, Benis,

such a wedding! No cards, no cake—and in pyjamas—oh!"

"Come now, Aunt, don't give way! And do you feel that it is quite right to criticize the clergy? I always fancy that it is the first step towards free-thinking. And you couldn't see much of them, you know, only the legs. Besides, consider what a wedding with cards and cake would have meant in Bainbridge at this time. No second maid, no proper cook! We should have appeared at a disadvantage in the eyes of the whole town. As it is, we can take our time, engage competent help, select a favorable date and give a reception which will be the very last word in elegance."

"Yes! I could get—what am I talking about? Of course I shan't do anything of the kind. How can you ask me to? Oh, Benis—a heathen!"

"Not a bit of it, Aunt. Church of England. But I can see what has happened. You have been allowing old Bones to cloud your judgment. I never knew a fellow so prone to jump to idiotic conclusions. No doubt he heard that I had come in search of Indians and, without a single enquiry, decided that I had married one."



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"It was hasty of him. I admit that," said Aunt Caroline wiping her eyes.

"But with your knowledge of my personal character you will understand that my interest in, and admiration for, our aborigines in their darker and wilder state—"

"John said they were only fairly wild."

"Well, even in a fairly wild state. Or indeed in a wholly tame one. My interest at any time is purely scientific and would never lead me to marry into their family circle. My wife's father, as a matter of fact, is English. A professional man, retired, and living upon a small—er—estate near Vancouver. Her mother, who died when Desire was a child, was English also."

"Who took care of the child?"

"A Chinaman." The professor was listening to Desire's distant laugh and answered absently with more truth than wisdom.

"What!" The tone of horror brought him back.

"Oh, you mean who brought her up? Her father, of course."

You said a Chinaman."

"They had a Chinese cook."

"Scandalous! Had the child no Aunt?"

The professor sighed. "Poor girl," he said. "One of the first things she told me about herself was, 'I have no Aunt.'"

Aunt Caroline polished her nose thoughtfully.

"That would account for a great deal," she admitted. "And her being English on both sides is something. Now that you speak of it, I did notice a slight accent. I never met an English person yet who could say 'a' properly. But she is young and may learn. In the meantime—"

"The sandwiches are ready," called Desire from the tent.

XVII

"And do you mean to tell me that she really believes that lie?"

Benis Spence had taken his medical adviser up the slope to the Indian burying-ground. It was the one place within reasonable radius where they were not likely to be interrupted by periodic appearances of Aunt Caroline.

Aunt Caroline never took liberties with burying-grounds. "A graveyard is a graveyard," said Aunt Caroline, "and not a place for casual conversation." Therefore, amid the graves and the crosses, the friends felt fairly safe.

"Why shouldn't she believe it?" countered Spence. "Don't you suppose I can tell a lie properly?"

"To be honest—I don't."

"Well," somewhat gloomily, "this one seemed to go over all right. It went much farther than I ever expected. It's far too up-and-coming. The way it grows frightens me. Oh, if it amuses you—all right!"

"Laugh at it yourself, old man! It's all you can do. But what a frightful list of blunders. If you had to tell a lie why didn't you take Mark Twain's advice and tell a good one? The name, for instance—why on earth did you choose 'Mary?' Even 'Marion' would have been safer. Don't you know you can't turn a corner in Bainbridge or anywhere else without stumbling over a Mary? There's a Mary in my office at the present minute and—yes, by Jove, she has golden hair!"

The professor looked stubborn.

"My Mary's hair was not golden. It was yellow, plain yellow. I remember I made a point of that."

"Well then, there's Mary Davis. You remember her?"

"The one who visited Aunt Caroline?"

"Yes. Pretty girl. About your own age! 'Twas thought in Bainbridge that her thoughts turned youward. Her hair was yellow then, and may be again by now. And she had blue eyes, bright blue."

"My Mary's were not bright blue. Hers were misty, like the hills."

"Forget it, old man! You'll find you won't be able to insist on shades. Any Mary with golden, yellow, tawny or tow-colored hair, and old blue, grey blue, Alice blue or plain blue eyes will come under Mrs. Spence's reflective observation. Your progress will be a regular charge of the light brigade with Marys on all sides."

"Now you're making yourself unpleasant," said the professor. "And, to change the subject, why do you insist upon calling Desire 'Mrs. Spence?' She calls you John."

To his questioner's infinite amazement the doctor blushed.

"She has told me I might," he admitted. "But it seemed so dashed cheeky."

"Why? You are at least ten years older than she. And a friend of the family."

"Ten years is nothing," said the doctor. "And I want to be her friend, not a friend of the family. Besides, she herself, is not at all like the girls of twenty whom one usually meets."

"She is simpler, perhaps."

"In manner, but not in character. There is a distance, a poise, a—surely you feel what I mean."

"Imagination, John. It is you who create the distance by clinging to formality."

"All right. You're sure you don't object?"

"My dear Bones, why should I possibly?"

The doctor looked sulky. Benis smiled.

"Look here, John," he said after a reflective pause. "Desire is as direct as a child. If she calls you by your first name you can depend that she feels no embarrassment about it. So why should you? And there's another thing. She may not find everything quite easy in Bainbridge. She will need your frank and unembarrassed friendship—as well as mine."

"Yours?"

"Yes. You understand the situation, don't you? At least as far as understanding is necessary. And you are the only one who will understand. So you will be of more use to her than anyone else, except me. I am going to do my best to make her happy. It's my job. I am not turning it over to you. But there may be times when I shall fail. There may be times when I shan't know that she isn't happy—a lack of perspective or something. If ever there comes a time like that and you know of it, don't spare me. I have taken the responsibility of her youth upon my shoulders and I am not going to shirk. It will be her happiness first—at all costs."

"People aren't usually made happy at all costs," said the doctor wisely.

"They may be, if they do not know the price."

"I see."

"You'll know where I stand a bit better when you've read a letter you'll find waiting for you at home. But here is the whole point of the matter—I had to get Desire away from that devilish old parent of hers. And marriage was the only effective way. But Desire did not want marriage. She has never told me just why but I have seen and heard enough to know that her horror of the idea is deep seated, a spiritual nausea, an abnormal twist which may never straighten. I say 'may,' because there is a good chance the other way. All one can do is to wait. And in the meantime I want her to find life pleasant. She once told me that she was a window-gazer. I want to open all the doors."

"Except the one door that matters," said Rogers, gloomily.

"Nonsense! You don't believe that."

Life has many things to give besides the love of man and woman."

"Has it? You'll know better some day—even a cold-blooded fish like you."

"Fish?" said Spence, sorrowfully, "And from mine own familiar friend? Fish!"

"What will you do," exploded the doctor, "when she wakes up and finds how you have cheated her? When she realizes, too late, that she has sold her birthright?"

The professor rose slowly and dusted the dry grass from the knees of his knickers. "Tut, tut!" he said, "the subject excites you. Let us talk about me for a change. Observe me carefully, John, and tell me what you think of me. Only not in marine language. Am I an Apollo? Or a Greek god? Or even a movie star of the third magnitude? Or am I, not to put too fine a point on it, as homely as a hedge fence?"

"Oh, hang it, Benis, stop your fooling."

"I'm not fooling. I want you to understand that I have consulted my mirror. And I know just how likely I am to appeal to the imagination of a young girl. I take my chance, nevertheless. Your question, divested of oratory, means what shall I do if Desire finds her mate and that mate is not myself? My answer, also divested of oratory, is that I do not keep what does not belong to me. Is that plain?"

The doctor nodded. "Plain enough," he said. "But how will you know?"

"Well, I might guess. You see," resuming his seat and his ordinary manner at the same time, "Desire is my secretary. I make a point of studying the psychology of those who work for me. And, aside from the slight abnormality which I have mentioned, Desire is very true to type, her own type—a very womanly one. And a woman in love is hard to mistake. But," cheerfully, "she is only a child yet in matters of loving. And she may never grow up."

"You seem quite happy about it."

"Call no man happy till he is dead." And yet—I am happy. If tears must come, why anticipate them?"

"There speaks the hopeless optimist," said Rogers, laughing. "But because I called you a fish, I'll give you a bit of valuable advice. I can't see you scrap quite all your chances. Kill Mary."

"I can't. Besides, why should I? Desire likes to hear about her. Or says she does. It provides her with an interest. And a little perfectly human jealousy is very stimulating."

"You think she is jealous?"

"Oh, not in the way you mean. But every woman likes to be first, even with her friends. And if she can't be first, she is healthily curious about the woman who is. Desire would miss Mary very much."

"You've been a fool, Benis."

"I shall try not to be a bigger one."

The friends looked polite daggers at each other. And suddenly smiled.

"To be continued in our next," said Rogers. "Is it finally settled that we turn homeward tomorrow?"

"Yes. We did our last extracting from the hawk-eyed one yesterday. He has been a real find, John. Do you know what he calls Aunt Caroline? 'The-old-woman-who-sniffs-the-air.' Desire did not translate. Isn't she rather a wonder, John? Did you ever see anything like the way she manages Aunt?"

(To be continued next week.)

The Snow Witch

Continued from Page 5

great, lustrous dark eyes looked straight into his.

Never afterwards could he quite analyze the sensation those eyes transmitted to the very founts of his being. All he remembered when the vision faded was that it was a face that was very beautiful, of startled pallor—an elfin visage that might well be the spirit of these mystic and silent North Woods. Yet it was a face that haunted him with an odd familiarity that in no reach of recollection could he mentally account for.

He sprang to the door and was out. The night was moonless, but the starlight and the refraction from the snow brought into dim relief a fragile little figure that

glided with swift and grace across the clearing. Of two things Hemming became aware: it was skirtless, but it was neither man nor boy. No male could ever quite affect that peculiar liteness and elegance of motion.

"Stop!" he ordered out hoarsely. Ringing, silvery laughter, high in mockery, floated back to him through the frosty air and echoed from the gloomy hills. The receding figure was swallowed up in the murk of the jack-pines.

Hemming leaped forward in pursuit, plunging and floundering over the loose snow where the tiny snowshoes left faint depressions.

Someone raced up behind him and

seized him by the shoulders. "No go!" admonished Tom Chief. "Windigo. Never catch snow witch. Get lost."

"Oh, go to the devil!" Hemming flung the Indian's arm from him. "I can well take care of myself."

He was away again. A sheer madness was upon him that did not reckon with impossibilities. Not till he had struggled through the clump of jackpines did he quite wake up to the futility of pursuit without snowshoes. But in the stubborn mood that was upon him he trailed the tracks across a quarter of a mile of muskeg and up a steep incline to the wind-swept top of a ridge of shale where he lost them utterly.

It was cold and eerie up there. Dark, brooding patches of forest lay everywhere below. A mighty stillness reigned, unbroken even by the cry of a brush wolf or the movement of a living thing. Filmy aurora played fitfully up into the northern vaults. Strange shapes fashioned themselves in the uncanny outlines of the jagged rocks, but of a birdlike fleeing figure Hemming saw no sign. Deeply chagrined, he laboriously retraced his way to the camp. He arrived there spent from exertion, and was glad to find the others in their bunks and to face no questions.

Breakfast was over when Tom Chief stood before him, a determined frown bespeaking gloomy tidings



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24-37

"Want pay," he announced. "Quit job."

"Scared out, eh?" Hemmings' lip curled. "Heap brave chief?"

"Want pay," reiterated the Indian. "No stay where Windigo. Windigo bad luck."

"No stay, then no pay," warned Hemming.

The guide turned as though expecting just such an answer, and picked up his pack and his snowshoes. "All right," he said. "Quit anyway."

Vexed as he was, Hemming could not let him go like that. He called him over and handed him a ten dollar bill. The red man's eyes gleamed gratefully as he shook hands in goodbye, but at the door he turned to unburden himself, with characteristic Indian persistency, of that which would not down.

"Tom Chief no stay where Windigo," he explained "Windigo bad luck. No find um mine. Maybe get sick. Maybe die."

Hemming picked up an empty can and flung it after him. "Get out, you dismal old hoot owl!" he ordered.

Glesson's mood was little better than the Indian's. He had eaten but a scanty breakfast, and had scarcely spoken a dozen words all morning. They were quite late in getting on their way.

On the trail, Hemming paused and looked at the other man searchingly. "What's up with you, Glesson?" he demanded. "Has the Windigo got your goat, too?"

Glesson smiled weakly, but his reply was earnest enough. "No, it ain't that; I never did pay attention to any of that Indian nonsense. I'm just a bit off my oats, that all."

Hemming wanted to take the west trail that he and Tom Chief had picked out as a short cut the day before, but Glesson insisted on following the trail the two had broken, and, as he was the more experienced bushman, Hemming deferred to his judgment. They had reached a point somewhat beyond the round-topped hill when both men stopped dead in their tracks.

Coming in upon the trail from the west were narrow, queer-shaped snowshoe tracks, the same they had seen near the cabin the evening before. Hemming noted with misgiving that their prints proceeded north on the trail. He turned to find Glesson leaning wretchedly against a tree trunk, pale almost as the snow.

"Why, what's up, Glesson?" he cried. "Are you sick?"

"I'm all in, Hemming," admitted the woodsman. "Guess something I ate last night must have put me on the blink. I don't believe I can go on."

"Then we'll both go back," Hemming volunteered with feigned cheerfulness, "and I'll put you to bed."

"No, no," insisted Glesson. "You go on; I can get back by myself. I'll take a little ginger and climb into the bunk. Tomorrow I'll likely be right as a fiddle. You go on, only be careful to strike back for camp an hour or so before it sets in to get dark. These woods ain't safe in the night."

Hemming watched his partner lurch back the trail till he disappeared round a bend. Then he plunged forward in desperate determination. He was mad clean through—mad at everything, even to the sociable wesse-ke-jak that flew from bow to bow ahead and chirped cheery morning greetings at him.

Hours afterwards as he pushed on he was still trying to figure it all out, the queer little shoe prints in the trail keeping the odd event of the night before ever recurring in his thoughts. "That darned Windigo stuff has gone to Glesson's head, too," he mused angrily, "else what's come over him since yesterday afternoon?" He surveyed the lifeless, ghostly stretches before and around him: "It's to be expected of any man who's lived most of his life in this barren, freakish hell. But it isn't going to hootch me, not by a long shot, till I find that mine and who's at the bottom of this trickery."

He was forcing his way—none too gingerly—around a narrow ledge. The weather had moderated slightly and a fine sift of snow was falling. The dazzling whiteness everywhere was blinding. Hemming's right snowshoe glanced on an obstruction in the narrow path with his left in the air. Before he could regain his balance he was shot out into space.

He landed on his feet, 20 feet below, among snow-covered rocks. He was unhurt, but his right foot had punched clean through the gut-strings of the

Continued on Page 39

A Stubborn Cough Loosens Right Up

This Home-Made Remedy is a Wonder for Quick Results. Easily and Cheaply Made.

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To make this splendid cough syrup, pour 2½ ounces of Pinex into a 16-oz. bottle and fill the bottle with plain granulated sugar syrup, and shake thoroughly. If you prefer use clarified molasses, honey, or corn syrup instead of sugar syrup. Either way, you get 16 ounces—a family supply—of much better cough syrup than you could buy ready-made for \$2.50. Keeps perfectly and children love its pleasant taste.

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HAVE you made your New Year's resolutions yet?" queried a friend laughingly on the first day of January, 1925.

Yes, I had made them silently to myself, a few days previous, but the answer given was non-committal, for I dreaded any further curious questions, no matter how kindly meant. As time goes on I find myself growing increasingly chary about discussing my resolutions with others. In the past so many I have made have come crashing to earth before the year was nearly done and they had to be made all over again. It is a most humbling process to contemplate the ruins of a perfectly good resolution, and if anything further is needed to bow one's head to the dust it is to have one's friends know what one's pet resolutions are and to have them as witnesses to the wreckage.

I suppose every one of us make high resolves when the New Year lies before us like a book with its 365 pages all fresh and clean in which we may write the story of each day as it comes to us. But what a smudgy, tattered, disappointing volume we lay down on the last day of December! We close it hastily, possibly a bit wistfully. Then we slip it out of sight and if we have the proper courage proceed to forget the disagreeable and sad experiences we have had and cherish only those which will strengthen and cheer for the year that is ahead.

Some question the value of resolutions when they are so frequently broken. But the very fact that we make them shows that we have a recognition of our own faults and shortcomings and a desire to mend them. Properly developed and encouraged that desire will grow and strengthen into determination of purpose. So we will go ahead and resolve for another year that we will: conquer a hasty temper, be more patient and thoughtful, write letters regularly to friends and relatives, budget the personal or family income and live according to the schedule laid down, save our pennies for a rainy day, read at least 15 minutes every day from some good book, take proper exercise, not worry, eat proper food, or any number of the many things we decide we ought to be able to do. I suppose we would not be truly human if we kept all we made, but this year we are all going to get just a little further along the way of conquering at least one fault or of getting a little more out of life.

An editorial writer in a recent issue of the Woman's Home Companion commented delightedly upon the fact that a certain local branch of the Young Men's Christian Association had announced that it was opening a six weeks' course designed to prepare bachelors in the serious task of selecting the right kind of a wife. The course was aimed to distribute "knowledge of the economic, physiological aspect of marriage as well as training in the care and education of children."

By our present usual social arrangement training for success in homemaking is largely confined to that given to girls. Just why that should be so is rather difficult to understand, but it is a fact that will bear investigation. Mothers who take their responsibilities seriously strive to have their daughters trained for wifehood and motherhood. This education is carried out, partly in the home and partly in the schools (in the latter mostly in cities).

The education given to boys has been of a nature to fit them to take

their place in the business and industrial world with a possible addition of some training in the graces that help them make a creditable showing in the social world. The tacit assumption has been that when a man marries and establishes his own home he is automatically endowed with all the necessary qualities that go to make him a good husband, an intelligent homemaker and father.

I once heard a quotation somewhat to this effect: When I am tempted to criticise women, I remember that they are daughters of men, and when I have fault to find with men, I remember that they are sons of mothers. If all mothers took the pains to train and develop their sons into being the kind of men they think make good husbands, and fathers did their best to train their daughters to become the kind of women they think would make ideal wives, what a different world this might be! How much misunderstanding and martial unhappiness might be avoided!

Helen Hambidge, in the December Designer, tells how she is training her young son to be a husband. She writes: "We do not talk to him about it, however, except in a general way, and he gets it by suggestion, example and reaction." And again: "Too much has been thought about preparing the boy for college: too little about his education for important life contacts."

She acknowledges that the present day woman, though just as apt to marry as her mother and grandmother, makes different demands and that she finds it a little harder work both to have and to hold the man she marries. She continues:

"I believe in the utter emancipation of women, yet because of it I am teaching my boy—the potential husband—to demand more of all women—myself included—but to be prepared to give more freely, since so much of a gift lies in the grace in which it is given. Shown these things naturally in childhood they become part of the character. A little greater stress upon manners in the home, a little more dignity in life's relationships won't hurt any of us. . . . I am teaching my boy from boyhood up what to look for in a woman, what to demand as his right, what to offer in return, both in a practical and ideal way. He may—for heaven knows he often does—marry the first siren whom he sees doing her 'daily dozen' on the fatal rocks where so many full-rigged ships of young manhood have gone down, but I can only guard against that as best I may by giving him a chart and compass early. . . ."

"Therefore, I think it wise to 'play house' a bit with my boy; to build with him mentally that ideal house he may have some day—ideal though storms beat upon it from within as well as without. By this I mean that it is all important that when his time comes for marriage he shall not expect to capture an angel, but only a human being like himself, for it is at the point where the wings begin to moult that disillusion sets in." And because she knows that a mother is the leading lady in the drama of a boy's life for many years, Mrs. Hambidge says she has never tried to be that well meaning but self-deceiving heroine—the pattern wife and mother—knowing that children very quickly perceive hypocrisy.

Particularly does she strive to: "make clear in little ways to her boy" that whether or not a married woman does work which brings her in financial remuneration she must be economically

Continued on Page 30

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The provinces of Manitoba, Saskatchewan and Alberta combined made this record during the past 10 years, jumping from a production of less than 10,000,000 pounds of creamery butter in 1914 to over 49,000,000 pounds in 1924. In addition to the increase in production, the western creameries have gained recognition as being equal to the world's best, and have thereby also gained a pre-eminent place on foreign as well as local markets. This proves that dairying is one of the most profitable branches of Western Canadian agriculture.

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Dingman's Ideal Blue is a Canadian achievement of over 40 years' standing—a National product, recognized as such by Canadians everywhere. Dingman's Ideal Blue occupies a proud position in Canada.

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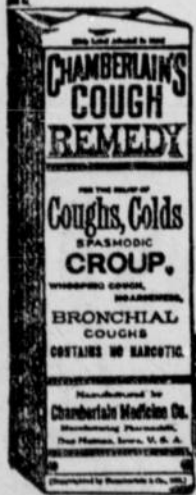
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Noted Woman Journalist

Continued from Page 12

agriculture, and her photo was hung upon the walls of the college board room—among those of the very small number of men who have been similarly honored.

"A woman who can do a man's work and yet remain womanly," was said of her by a newspaper man. True, she wears mannish clothes in her field work because she knows they are comfortable, but she is as fond of pretty clothes as any other normal woman. In a little flat in the city she takes great delight and pride in her own housekeeping, and

those who have enjoyed the hospitality of her cozy rooms recount with praise the merits of the fresh, hot tea-biscuits and other dainties made by Miss Hind's capable hands.

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PRETTY AND USEFUL



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No. 2233—Youthful Design. Cut in sizes 14, 16 years, 36, 38 and 40 inches bust measure. Size 36 requires 3 yards 40-inch material.

No. 2282—Youthful Tunic Blouse. Cut in sizes 16 years, 36, 38, 40, 42 and 44 inches bust measure. Size 36 requires 2 $\frac{1}{2}$ yards 40-inch material, with $\frac{1}{4}$ yard 36-inch contrasting.

No. 2075—Camisole Skirt. Cut in sizes 14, 16 years, 36, 38, 40, 42, 44, 46 and 48 inches bust measure. Size 36 requires 2 yards 40-inch material for skirt, and $\frac{1}{4}$ yard 40-inch material for camisole.

No. 2051—One-Piece Apron. The diagram is a reduced likeness of the pattern, which cuts all in one piece. Cut in sizes small, medium and large. The medium size requires 2 yards 36-inch material, with 7 yards of trimming.

No. 2174—Middy Dress for Girls. Cut in sizes 6, 8, 10, 12 and 14 years. Size 8 requires 1 $\frac{1}{2}$ yards 40-inch material for blouse and 1 yard 40-inch material for the skirt.

No. 2238—Junior Cape Dress. Cut in sizes 6, 8, 10, 12 and 14 years. Size 8 requires 1 $\frac{1}{2}$ yards 42-inch material, with $\frac{1}{4}$ yard 36-inch contrasting.

No. 1983—One-Piece Dress. The accompanying diagram will convince you how easy this dress is to make. Cut in sizes 16 years, 36, 38, 40 and 42 inches bust measure. Size 36 requires 3 yards 42-inch material, with 2 $\frac{1}{2}$ yards 5-inch ribbon.

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Ear Specialist Sproule wants to help all who suffer from these Head Noises. He knows what misery those sounds of escaping steam—that ringing in the ear—that singing of crickets—insects—the humming—the puffing—the buzzing—the distant roaring—that dull heavy throbbing—means. He therefore offers a treatment, FREE, to all who write at once. Through this Method many sufferers, in place of those roaring Noises, now enjoy a perfect quietness, in which natural sounds are heard quickly and distinctly.

Just sit down and write a post card or letter requesting a sample treatment—Free—for Head Noises. Sign your full name and address and send it off NOW. The treatment will come to you by return mail, and will cost you nothing.

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Trips by Motor

Continued from Page 14

that we all wore our bathing suits. This proved to be a good plan, and was the source of a great deal of merriment, for we dared to splash one another as much as we liked.

We paddled around several islands, trolling our fish line behind the boat. Toward evening we crossed back to the beach, where we had a real splash before we returned to camp to change our clothes. One of the boys volunteered to fetch wood and build our camp fire, while another went to the spring for water. A third went to the store close by and borrowed boxes to serve as table and chairs. These he arranged in the open, under a large tree, beside the tent. Who does not love a campfire, the smell of bacon frying in the woods, the sound of the waves on the beach close by, and the leaves whispering overhead?

After supper, all hands helped to wash up and put the camp in order. Next we were to inspect the tower half a mile away, on the highest hill around. We followed a rambling path through the isles of the woods, with

occasional vistas through which we could see the water. At last we reached the tower, which is over a hundred feet high, and is used to locate fires in the bush. We took turns going up the iron ladder, and from the top of the tower we could look over the near green hills, to some distant higher ones on the horizon, tinged with blue. In the south-west one could catch a glimpse of some of the peaks of still bluer and more distant mountain ranges, with here and there a silver spot reminding one of coins, which were other lakes.

Descending to our boat, we went out on the water again. The lake was as smooth as glass by this time. Later, the moon, lying in violet shadows, grew golden, while the sheen of its pathway trailed waveringly across the lake.

The first liquid notes of the violins in the dancing pavilions floated out over the water, and we paddled back to the pier. The floor of the pavilion was excellent, and we took advantage of the good music for the rest of the evening.

Growing tired at last, we retired to our tent. The blankets were soon spread on the ground, and a sheet

put up for a curtain. Gladys and I were very comfortable in one end of the tent, and the boys occupied the other.

Sunday morning was cloudy and sultry. We spent several delightful hours on the lake, but the heat drove us in at last to pant in the shade of the trees.

In the early afternoon, lowering clouds scudded across the darkened sky. The west became very dark, and the water grew calm, with the falling of the wind. The distant rumble of thunder sounded ever nearer. Then the clouds assumed definite shape. A long roll of greenish-grey cloud lying along the horizon began to rise.

We took shelter in the pavilion, as many others did. From this vantage point I watched the sky and water. For some time the row boats had been coming in, with now and then the sound of short, quick explosions from the motor launch engines. Now there were just two or three stragglers out, and many watched from the pavilion to see if they would make it before the wind struck.

Suddenly the lake appeared to be covered with white gulls, but in a moment I realized that they were white-caps growing larger every mo-

ment as they drew nearer. From the south-west followed a big wave, and I was relieved to see the last boat gain the pier. The rain and hail fell in torrents, driven by a heavy wind, which blew many of the small tents down, and people kept rushing into the pavilion out of the storm. Several large, dead trees were blown down, some blocking the roads.

It was an hour and a half before the sky grew lighter and at last clear, but the roads were impassable for mud and fallen trees. The wind continued to blow, and the water was rough until dark.

In the evening we hired a motor boat and went right around the lake, making a call at Areola Bay. This pretty beach is three miles west of the Fish Lake resort, where we were camping. It was growing late, and we had to start for home early in the morning, so we turned reluctantly back to the We-non-cha pier.

It had turned quite cool, and the ground was still very wet, so we hired camp beds from the hotel near by, and packed them into our tent.

Some people from North Dakota

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No. 2289—Charming Straight-Line Dress. This dress cuts in one piece. Cut in sizes 14, 16 years, 36, 38, 40 and 42 inches bust measure. Size 36 requires 2½ yards 40-inch material, with 1½ yards 4-inch fur and ¼ yard 2-inch fur.
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Hot-iron transfer pattern No. 720 (blue and yellow), costs 15c extra.
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All patterns 15c each, stamps or coin (coin preferred).

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Deranged Kidneys may in time lead to serious illness. If you detect any symptom take Gin Pills. They will relieve you.

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Grand Prize Contest



1st Prize—RADIO, complete with Phones and Aerial; 2nd Prize—WRIST WATCH; 3rd Prize—CAMERA; 4th Prize—GENT'S WATCH.

HUNDREDS OF OTHER PRIZES

To enter this contest, find the Mistress, and mark her with an X, and send it to me, and if it is correct I will send you 25 packets of my Lady Dainty Breath Perfume to sell for me at 10c a packet. When this is done you are in the Contest, and sure of a prize. This is something well worth trying for. Do not send in unless you are willing to try and sell the Breath Perfume.

LADY DAINTY, BOX 2, WATERFORD, ONT.

were camping near by and they invited us to join them around their roaring camp fire. We spent a very pleasant hour with them, indeed.

The sky looked threatening the next morning, so we lost no time in getting started for home. We all agreed that this had been one of the most enjoyable holidays we had ever experienced, and had not cost as much as some we had enjoyed less. Our expenses for gasoline, oil, tent boat and camp-beds, came to twelve dollars altogether, for the five of us.

Work That Cheers

Continued from Page 6

doctors and nurses say they can see the difference in the behavior of the patients, for without occupation they get uneasy and restless and the discipline in the wards becomes more difficult in consequence.

Not only does work of a pleasant, absorbing nature help the mentally afflicted, but it is of assistance to the doctors who are watching their progress. If patients are going down hill, their work and behavior in the occupational room soon reflect their condition, while if they are "mending," the change is equally noticeable. Of course in many cases improvement is very slow, but it would take still longer without occupation of some kind.

Today the aim of those treating diseases of the mind is to return as many normal people to the community as possible. This is accomplished by several kinds of treatment, among which regular occupation is given a high place by every authority I have interviewed. It

Children Cry for



Fletcher's CASTORIA

MOTHER:— Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, prepared for Infants in arms and Children all ages.

To avoid imitations, always look for the signature of *Charles H. Fletcher*. Proven directions on each package. Physicians everywhere recommend it.

is by no means considered a cure-all but is a real factor in restoring lost confidence and in taking the patient's mind off his troubles, real or imaginary.

Certain cases for which there is no chance of recovery are also benefited by regular work. These people spend a definite amount of time in the laundry,

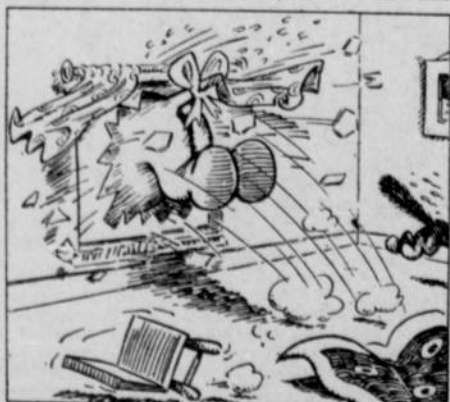
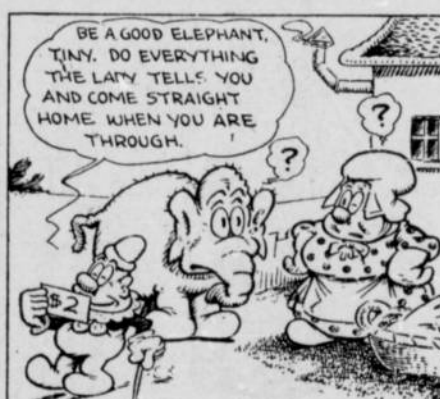
in the gardens, and in looking after livestock, poultry or bees. Some even do the haying and the hauling of coal for the institution, and are not only happier when engaged in these occupations but are easier to manage. Great care is taken by the authorities to avoid over-loading anybody and to give each one the work for which he is fitted.

Regular occupations have also been found of great benefit to tubercular patients whose mental attitude has an important bearing upon their recovery. Children and those living in old folk's homes, as well as incurables, lead happier lives when doing useful and attractive work.

People taking care of returned soldiers or those who are ill in mind or body have proved conclusively that instruction in handicrafts is an investment that pays high dividends.

THE DOO DADS

Most of us can stand a great deal of humiliation so long as we can keep it secret. But when it comes to being made ridiculous in public, we rebel, we fight, we run away, we do anything but submit. That was the trouble with Tiny, the baby elephant. He did a great deal of hard work with nothing worse than a scowl; but when he was ordered into the street where he was sure to be laughed at, he staged a rebellion. It was Tiny's master, Nicky Nutt, who got him into the trouble. Nicky and Tiny needed money. They looked in the newspaper advertisements, but found nothing that Nicky could do. Then Nicky read that house servants were wanted, and he led Tiny to a woman who had advertised for help. "My pet elephant can do your work," he told the woman. "He will do all kinds of work and never talk back. But I must have two dollars a day—paid in advance." The woman paid the money and Nicky went away. Then the woman told Tiny he had to earn every cent of the money she had paid. First she made him do a heavy washing—not with the washing machine, either, but with an old-fashioned washboard. Then he had to hang the clothes on the line, the woman making him hurry all the time. Next there was wood to be split and carried into the kitchen. The woman's baby began to cry, and Tiny had to rock the cradle. The baby cried and cried, until the mother said it must be taken for a ride down the street. She got out a neat little white cap which she tied on Tiny's head to make him look like a real nurse, and a bow of white ribbon which she fastened to his tail. "Now, take the baby for a ride," she ordered. Tiny got a look at himself in a mirror, and it made him sick. He, a great big elephant—though he was only a baby in years—with a nurse's cap on his head and a white bow on his tail, wheeling a baby carriage down the street. Flannelfeet, the policeman, would be sure to see him, and he would never let Tiny forget it. All the boys in town would point at him. Nicky, himself, would not be above laughing though Tiny was working to earn the money for them both. Tiny could stand the work in the house and the yard, but he could not stand being made a laughing stock for the whole town. That was where the woman made a mistake—in trying to make Tiny parade down the street with that baby carriage, and with that ridiculous cap and apron. What did Tiny do? He bolted. He made one leap through a big window, curtains, sash and all, and went flying down the street. The heartless Nicky had gone to a restaurant and spent all the two dollars on a fine dinner for himself. Perhaps he thought the woman would give Tiny his dinner—perhaps she might if he stayed all day. Tiny was very angry at Nicky. He got a great stick, and the last seen of him he was waiting behind a corner of the restaurant for Nicky to come out.





Can't Freeze Poultry Fountain and Heater

Clean water—not too cold—will increase egg production enough to buy this outfit many times over. No trouble except to fill occasionally. Guaranteed not to freeze. Automatic, simple, efficient. Can be used the year round. 2 gal., \$2.85; 3 gal., \$3.15; 4 gal., \$3.50; cash with order or C.O.D. Add 10 cents to personal cheques. Money-back guarantee.

UNIVERSAL METAL PRODUCTS COMPANY
59 ASSUMPTION STREET, WALKERVILLE, ONT.

THE FARMERS' MARKET

Office of the United Grain Growers Limited, Winnipeg, Man., January 2, 1925.
WHEAT—Markets have moved wildly and with little balance during the past week, due no doubt to the large speculative interest and small quantities of actual cash wheat traded in. The movement of Liverpool and American markets has to a large extent governed the fluctuations here. Exporters report several sales of wheat and flour for shipment to Russia, some of which was resold by English millers around present levels. Outside of this it is not possible to trace much actual export business excepting a few odd lots of low grade wheat by the all-rail route, and some small quantities of wheat already in the East. Conditions are not changed much from a week ago. Argentine is now supplying wheat and will be doing so for the next few months. Reports from the South indicate a generous covering of snow protecting winter wheat from low temperatures prevailing. Liquidation of large quantities of wheat by United States holders in this market was the only outstanding feature, and the market, after absorbing this, appears fairly firm. Wide swings to this market are inevitable on account of the inflation in value and the largely speculative nature of the trading.

Coarse grains were without feature. They tagged along with the wheat market and were governed entirely by the price of that cereal. Rye perhaps has been worked for export to the limit of the supply available, the other grains being fairly easy to obtain quantities of.

FLAX—Continues very strong and offerings lighter than for some time. Cash flax available in fair quantities at a fraction above carrying charge to May, 1925.

WINNIPEG FUTURES

Dec. 29, 1924 to Jan. 3, 1925 inclusive	29	30	31	1	2	3	Week Ago	Year Ago
Wheat—								
Dec. 183 1/2	178 1/2	183 1/2				184		
May 186 1/2	182 1/2	187 1/2				188 1/2	100 1/2	
July 183 1/2	178 1/2	184 1/2				183 1/2	184 1/2	102 1/2
Oats—								
Dec. 65 1/2	63 1/2	65 1/2				66 1/2		
May 69 1/2	68 1/2	69 1/2				70 1/2	42 1/2	
July 70 1/2	69 1/2	70 1/2				71 1/2	42 1/2	
Barley—								
Dec. 91 1/2	87 1/2	90 1/2				92 1/2	61 1/2	
May 96 1/2	93 1/2	96 1/2				95 1/2	60 1/2	
July	
Flax—								
Dec. 264 1/2	263 1/2	266 1/2				265 1/2		
May 274 1/2	271 1/2	275 1/2				275 1/2	216 1/2	
July				275 1/2	216 1/2	
Rye—								
Dec. 142 1/2	136 1/2	142 1/2				144 1/2		
May 149 1/2	144 1/2	149 1/2				147 1/2	71 1/2	
July				149 1/2	148 1/2	

CASH WHEAT

Dec. 29, 1924 to Jan. 3, 1925 inclusive.

Dec.	29	30	31	1	2	3	Week Ago	Year Ago
1 N ..	185 1/2	180 1/2	184 1/2		183 1/2	186 1/2	186 1/2	94 1/2
2 N ..	180 1/2	175 1/2	178 1/2		177 1/2	179 1/2	181 1/2	91 1/2
3 N ..	175 1/2	170 1/2	173 1/2		172 1/2	174 1/2	176 1/2	86 1/2
4	162 1/2	159 1/2	165 1/2		164 1/2	165 1/2	164 1/2	81 1/2
5	154 1/2	150 1/2	156 1/2		155 1/2	157 1/2	155 1/2	72 1/2
6	142 1/2	139 1/2	144 1/2		143 1/2	145 1/2	144 1/2	70 1/2
Feed ..	122 1/2	119 1/2	124 1/2		123 1/2	125 1/2	123 1/2	68 1/2

LIVERPOOL PRICES

Liverpool market closed January 2 as follows: March, 1 1/2d higher at 13s 11 1/2d; May, 1 1/2d higher at 13s 9d per 100 pounds. Exchange, Canadian funds, quoted 1 1/2c higher at \$4.74 1/2. Worked out into bushels and Canadian currency, the Liverpool close was: March, \$1.98 1/2; May, \$1.95 1/2.

MINNEAPOLIS CASH PRICES

Spring wheat—No. 1 dark northern, \$1.67 1/2 to \$2.02 1/2; No. 1 northern, \$1.66 1/2 to \$1.71 1/2; No. 2 dark northern, \$1.65 1/2 to \$1.99 1/2; No. 2 northern, \$1.64 1/2 to \$1.68 1/2; No. 3 dark northern, \$1.61 1/2 to \$1.96 1/2; No. 3 northern, \$1.60 1/2 to \$1.66 1/2. Montana—No. 1 dark hard, \$1.69 1/2 to \$1.89 1/2; No. 1 hard, \$1.68 1/2 to \$1.79 1/2. Minnesota and South Dakota—No. 1 dark hard, \$1.66 1/2 to \$1.72 1/2; No. 1 hard, \$1.64 1/2 to \$1.68 1/2. Durum—No. 1 amber, \$1.72 1/2 to \$1.81 1/2; No. 1, \$1.62 1/2 to \$1.69 1/2; No. 2 amber, \$1.69 1/2 to \$1.79 1/2; No. 2, \$1.61 1/2 to \$1.67 1/2; No. 3 amber, \$1.64 1/2 to \$1.76 1/2; No. 3, \$1.59 1/2 to \$1.65 1/2. Corn—No. 2 yellow, old, \$1.21 1/2 to \$1.23 1/2; No. 3 yellow, \$1.20 1/2 to \$1.21 1/2; No. 4 yellow, \$1.15 1/2 to \$1.17 1/2; No. 5 yellow, \$1.09 1/2 to \$1.11 1/2; No. 2 mixed, old, \$1.19 1/2 to \$1.21 1/2; No. 3 mixed, \$1.13 1/2 to \$1.15 1/2; No. 4 mixed, \$1.09 1/2 to \$1.11 1/2; No. 5 mixed, \$1.06 1/2 to \$1.08 1/2. Oats—No. 2 white, 55 1/2c to 55 1/2c; No. 3 white, 54 1/2c to 54 1/2c; No. 4 white, 51 1/2c to 53 1/2c. Barley—Choice to fancy, 89c to 91c; medium to good, 84c to 88c; lower grades, 75c to 83c. Rye—No. 2, \$1.38 1/2 to \$1.39 1/2. Flaxseed—No. 1, \$3.03 to \$3.06.

WINNIPEG LIVESTOCK

The Livestock Department of the United Grain Growers Limited report as follows for the week ending January 2, 1925:

Receipts this week: Cattle, 1,722; hogs, 8,372; sheep, 145. Receipts previous week: Cattle, 773; hogs, 4,934; sheep, 108.

Limited cattle receipts following the holiday season makes it somewhat difficult to prepare a market letter that will give an accurate report of the exact market conditions. The few real good butcher steers on the market at the present time are bringing up to \$6.00, with a few exceptionally good ones as high as \$6.50, and it is somewhat of a pity that a few more shipments had not been arranged for in order to take advantage of the present market. We anticipate a fairly heavy run of cattle next week which may result in a little slower trade, although we believe those who have really well-finished cattle will be quite safe to bring them and will, we feel sure, be satisfied with the

Cash Prices at Fort William and Port Arthur December 29, 1924 to January 3, 1925, inclusive

Date	2 CW	3 CW	OATS Ex Fd	1 Fd	2 Fd	3 CW	BARLEY 4 CW	Rej.	Fd.	1 NW	2 CW	3 CW	RYE 2 CW
Dec. 29 ..	67 1/2	62 1/2	62 1/2	60 1/2	55 1/2	92 1/2	86 1/2	82 1/2	80 1/2	264 1/2	260 1/2	247 1/2	142 1/2
30	65 1/2	60 1/2	60 1/2	58 1/2	53 1/2	89 1/2	82 1/2	79 1/2	77 1/2	263 1/2	259 1/2	244 1/2	136 1/2
31	66 1/2	61 1/2	61 1/2	59 1/2	55 1/2	93 1/2	85 1/2	82 1/2	80 1/2	265 1/2	261 1/2	248 1/2	141 1/2
Jan. 1 ..	65 1/2	60 1/2	60 1/2	58 1/2	54 1/2	90 1/2	84 1/2	81 1/2	79 1/2	265 1/2	261 1/2	248 1/2	140 1/2
2	66 1/2	61 1/2	61 1/2	59 1/2	54 1/2	90 1/2	84 1/2	81 1/2	79 1/2	262 1/2	258 1/2	245 1/2	140 1/2
3	66 1/2	61 1/2	61 1/2	59 1/2	54 1/2	94 1/2	87 1/2	84 1/2	82 1/2	265 1/2	261 1/2	247 1/2	144 1/2
Week Ago	68 1/2	63 1/2	63 1/2	61 1/2	56 1/2	94 1/2	87 1/2	84 1/2	82 1/2	265 1/2	261 1/2	247 1/2	144 1/2
Year Ago	37 1/2	35 1/2	35 1/2	34 1/2	31 1/2	61 1/2	58 1/2	52 1/2	52 1/2	209 1/2	205 1/2	174 1/2	65 1/2

prices realized. Prime butcher cows will bring up to \$4.00, the majority of good cows, however, are selling at around \$3.75. Prime heifers up to \$5.50, medium to good qualities \$4.25 to \$4.75. The stocker and feeder trade following the holiday season is somewhat slow owing to Eastern and Southern feeder buyers not having yet returned to the market. We, however, anticipate an active trade in this section within the next week or ten days. Good dehorned feeders will bring up to \$4.25 to \$4.50, medium kinds \$3.50 to \$4.00. Choice stockers \$3.75 to \$4.00, plain kinds \$3.00 to \$3.50. Choice veal calves are in good demand up to 7c, medium qualities \$5.00 to \$6.00, heavy weight calves \$3.00 to \$4.00, plain calves \$2.00 to \$3.00.

Light hog deliveries have resulted in a strong hog market, thick-smooths at time of writing selling from \$9.65 to \$9.75, with a ten per cent. premium over these prices for select hogs. Owing to the big percentage of lights and shop hogs the packers have put an additional cut in price on this class, shop hogs now being worth \$2.00 below thick-smooths.

In the sheep and lamb section receipts continue very light, top lambs bringing up to \$13.00, medium qualities \$11 to \$12, light-weight butcher sheep \$5.00 to \$7.00.

Shippers from Saskatchewan and Alberta should bring health certificates covering cattle shipments. This is very important.

The following summary shows the prevailing prices at present:

Choice export steers	\$6.00 to \$6.50
Prime butcher steers	5.50 to 6.00
Good to choice steers	4.50 to 5.50
Medium to good steers	4.00 to 4.50
Common steers	3.00 to 3.50
Choice feeder steers	4.00 to 4.25
Medium feeders	3.50 to 4.00
Common feeder steers	3.00 to 3.50
Good stocker steers	3.50 to 3.75
Medium stockers	3.00 to 3.50
Common stockers	2.50 to 3.00
Choice butcher heifers	5.00 to 5.50
Fair to good heifers	4.00 to 4.50
Medium heifers	3.00 to 3.50
Stock heifers	2.50 to 2.75
Choice butcher cows	3.50 to 4.00
Fair to good cows	2.75 to 3.25
Cutter cows	1.50 to 1.75
Breedy stock cows	1.50 to 1.75
Canner cows75 to 1.75
Choice springers	50.00 to 60.00
Common springers	15.00 to 25.00
Choice light veal calves	6.00 to 7.00
Choice heavy calves	3.50 to 4.00
Common calves	2.00 to 2.50
Heavy bull calves	2.50 to 3.00

SOUTH ST. PAUL LIVESTOCK

Cattle, 1,700. Market—Generally steady. Bulk prices follow: Beef steers and yearlings, \$5.50 to \$7.70; cows and heifers, \$3.25 to \$5.25; canners and cutters, \$2.50 to \$3.00; Bologna bulls, \$3.75 to \$4.50; feeder and stocker steers, \$3.75 to \$5.50. Calves, 800. Market—Steady. Bulk of sales, \$4.50 to \$8.75. Hogs, 15,000. Market—Steady to 10 cents higher. Top price, \$10.35. Bulk prices follow: Butcher and bacon hogs, \$9.50 to \$10.25; packing sows, \$9.50; pigs, \$8.75. Sheep, 1,500. Market—Dull, no early trading, packing unevenly lower.

EGGS AND POULTRY

WINNIPEG—Eggs: No change has taken place in prices on this market during the past week. Dealers are still paying, delivered, fresh extras 65c, firsts 60c, seconds 40c. Jobbing prices are extras 70c, firsts 65c, seconds 42c. Poultry: Receipts light, market steady and unchanged.

REGINA, SASKATOON AND MOOSE JAW—Eggs: No quotations are being made on fresh and the market is being largely supplied with storage eggs at unchanged prices. Poultry: The movement of turkeys is reported active with prices 1c higher on all grades. Other poultry is slow at last week's prices.

EDMONTON—Eggs: Receipts of local fresh are practically nil, market steady. Dealers are quoting, delivered, extras 55c, firsts 50c. In a jobbing way storage extras are moving at 50c, firsts 45c. Poultry: Receipts light.

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Low prices of the last few years taught the farmers to cut down cost of production, and now is the time to cut out waste and keep down costs so that you will get cash money for every kernel you grow.

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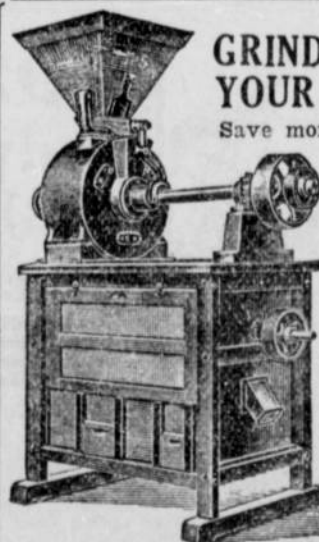
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Grinds to any desired fineness or coarseness of grain. It will pulverize the smallest weed seeds into fine powder; 5 to 6 H.P. operates this wonderful little flour mill. Its low cost will astonish you; simple and strong in every detail, it is built for generations of service.

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LIVESTOCK--Various

FEED AND FEEDING—GLENCARNOCK MOLASSES meal, per 100 pounds, \$4.50; Glencarnock calf meal, per 100 pounds, \$5.50; Glencarnock stock tonic, 30-pound pails, each \$3.50; Molasses in barrels, 54 gallons, each \$28; Molasses in pails, 60 pounds, each \$3.50; Oil cake meal, per 100 pounds, \$3.50; Oil cake meal, per ton, \$60. There is Glencarnock feed for every need. We carry everything for stock and poultry. Our illustrated stock food pamphlet contains much valuable information on general feeding and is free for the asking. Jas. D. McGregor, Glencarnock Stock Farms, Brandon, Man.

FOREST HOME STOCK FARM—SHORTHORN bulls of excellent qualities ready for service, by Right Sort Ideal. Bacon type Yorkshires, both sexes, April farrow, hard to beat in Western Canada. Prices reasonable. Phone Carman Exchange. Andrew Graham, Roland, Man.

PERCHERONS—STALLION, MARES, FILLES. Ayrshires, bull and heifer, yearlings. Shetlands, weanlings, mature mares, \$40 up. Kota wheat. John Teece, Abernethy, Sask. 52-7

HORSES AND PONIES

TRADE—HORSES FOR GAS TRACTOR. ALSO baled broom grass hay for sale. Thomas Kokott, Eastend, Sask. 53-2

CATTLE—Shorthorns

SELLING—ONE SHORTHORN BULL, NINE months, good quality, sired by Sittytown Chief, 155(1). Interested, write J. Pomeroy, Riverhurst, Sask.

REGISTERED SHORTHORN BULL, RED, five years, sure and quiet, \$65. T. Yates, Ituna, Sask. 1-4

SELLING—DUAL-PURPOSE REGISTERED Shorthorn bull, T.B. tested, \$50. Harry Rosom, Davin, Sask. 1-2

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FOR SALE—TWO CAR LOADS GOOD GRADE Aberdeen-Angus feeders and breeders, two and three years old; unrelated registered bull; also Leicester seed outs. F. Wilde, West Ranch, Toileid, Alta.

SELLING—HIGH QUALITY PURE-BRED Angus breeding stock, all ages. Prices right. Clemens Bros., Sedgewick, Alta. 50-6

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FOR SALE

SEVEN YEARLING HOLSTEIN-FRIESIAN BULLS, all sired by the great breeding bull, Colony Lord Pouch, 49987, and from high-producing dams. These young bulls are good individuals, well bred and well grown. Write for particulars.

UNIVERSITY OF SASKATCHEWAN ANIMAL HUSBANDRY DEPARTMENT SASKATOON

FOR SALE—HOLSTEINS, REGISTERED COWS and young bulls, accredited herd. G. Kent, Kenton, Man. 1-2

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FOR SALE

ONE TWO-YEAR-OLD and TWO YEARLING AYRSHIRE BULLS, all sired by the famous breeding bull, Lessnessock Golden Love (Imp.), 56194, and from high-producing dams. These young bulls are all top-notch individuals, with lots of scale, and will make herd leaders.

UNIVERSITY OF SASKATCHEWAN ANIMAL HUSBANDRY DEPARTMENT SASKATOON

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AYRSHIRES SOLD. WILL HAVE CALVES in spring. Chas. Oleson, Marchwell, Sask. 1-2

Herefords

REGISTERED HERFORD BULL, FOUR years old. R. G. Fleming, Hartney, Man. 1-2

Jerseys

FOR SALE OR EXCHANGE—PURE-BRED Jersey bull, four years old. H. Kehl, Crozier, Ont.

SELLING—REGISTERED RED POLL CATTLE, of imported stock, good milk strain. Stanley Cottle, Portreeve, Sask. 51-3

SWINE—Yorkshire

REGISTERED YORKSHIRES—BOARS, GILTS open or bred; select bacon type, prize winners. Oxford-Down ram lambs. Alex. Mitchell, Macdon, Sask. 51-8

YORKSHIRES AND LARGE BLACKS. I won Alberta Bacon Breeders' Competition with Yorkshires. Boars, gilts, same type and breeding. Southward, Lacombe, Alta. 49-8

REGISTERED YORKSHIRES, FROM PRIZE stock, November farrow, both sexes, \$10 each, papers and crates free, eight weeks. Joseph Baxandall, Westlock, Alta. 52-6

PURE-BRED YORKSHIRES—SOME LARGE, lengthy boars left, ready for service. Special offer, \$26.50, including crates, papers. W. L. Smith, Indian Head, Sask. 53-2

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REGISTERED TAMWORTH BOARS, APRIL litters, \$20; bred sows, all prize winners. H. J. Thompson, Weyburn, Sask. 52-5

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FOR SALE

TAMWORTH BOARS of breeding age, the right type and well grown; also offering a very choice selection of bred sows in both the Yorkshire and Tamworth breed.

UNIVERSITY OF SASKATCHEWAN ANIMAL HUSBANDRY DEPARTMENT SASKATOON

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REGISTERED, IMPROVED TYPE DUROCS—bred sows, \$30, papers free. Write O. J. Bourassa, LaFleche, Sask. 52-3

FOR SALE—REGISTERED DUROC-JERSEYS, young stock. Wallace Drew, Treherne, Man.

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SELLING—PURE-BRED HAMPSHIRE PIGS, April farrow. Marten Bros., Hearne, Sask.

Chester-Whites

WANTED—CHESTER-WHITE PIGS, PURE-bred. Notify George Fischer, Lockwood, Sask.

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BACON TYPE BERKSHIRES, EITHER SEX, 100 to 200 pounds. Sows bred. After January, \$15. \$20, \$25; papers free. Wm. Boyle, Shaunavon, Sask. 50-5

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FOR SALE—THREE WOLFHOOUNDS, FAST and sure killers. Write for prices. R. McFee, Sanford, Man. 1-2

SELLING—THREE GOOD WOLFHOOUNDS, Harold Schoonmaker, Gull Lake, Sask.

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WHITE HOLLAND TURKEYS, PURE-BRED, hens, \$5.50; toms, \$5.00; Rose Comb White Leghorn cockerels, \$2.00. Satisfaction guaranteed. C. E. Dunnire, Box 147, Gull Lake, Sask. 51-4

POULTRY

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TURKEYS—BIG MAMMOTH BRONZE toms, sired by a 46-pound Royal Show (Toronto) prize winner, 1923. Large, handsome big-framed fellows that will transmit size, quality and hardiness to your flock. "Open air" strain with full farm range, \$7.00 each, lightly crated. Prairie Stock Farm, Battleford, Sask. 53-2

PURE BRONZE TURKEYS FROM 42-POUND tom, first prize, Regina Poultry Show, toms, 23 to 28 pounds, \$8.00 up; choice hens, \$6.00. W. Mustard, Creelman, Sask. 53-5

PURE-BRED MAMMOTH BRONZE TOMS, 21-26 pounds, \$8.00-\$9.00; hens, 15-17 pounds, \$6.00. Mrs. William Terryberry, Deloraine, Man. 1-6

MAMMOTH TOULOUSE GEESSE AND GAN-ders, \$4.00, from Guelph prize winners, trio, \$15. Mrs. F. Rinn, Manitou, Man. 51-5

PURE-BRED MAMMOTH BRONZE TURKEY toms, early hatched, good vigorous birds, \$5.00 each. Miss Lucy Yates, Ituna, Sask. 1-4

FOR SALE—AFRICAN GEESSE. MRS. HELEN Jackson, Leduc, Alta. 51-3

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SELLING—SINGLE COMB RHODE ISLAND Red cockerels, bred-to-lay stock, \$2.00. Mrs. J. Elliott, Viscount, Sask. 52-4

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LIGHT BARRED ROCK COCKERELS, FROM heavy laying strain, exhibition hens, pen headed by first prize cockerel, Calgary, 1922, Saskatoon, 1923, \$4.00 each; two for \$7.00; three for \$9.00. Satisfaction guaranteed. T. W. Spence, Rosetown, Sask. 53-6

CHOICE BRED-TO-LAY BARRED ROCKS, government selected, vigorous cockerels, \$2.50; two, \$4.50; three, \$6.00. Also hens. Nicoll Bros., Sinituluta, Sask. 51-5

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SELLING—PURE-BRED BARRED ROCK cockerels, experimental stock, \$2.00 each. Jas. Johnston, Wilkie, Sask. 1-5

PURE-BRED BARRED ROCK COCKERELS, University stock, \$3.00; two for \$5.00. Mrs. Wm. Evans, Rocanville, Sask. 50-5

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PURE-BRED DOUBLE ROSE COMB BROWN Leghorn cockerels, bred from prize-winning strain, \$2.00 each, three for \$5.00. H. C. Mercer, Briercrest, Sask. 52-3

ROSE COMB DARK BROWN LEGHORN COCK-erels, large early beauties, \$2.00. Mrs. T. R. Rouleau, Sask. 48-8

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CHOICE WHITE WYANDOTTE COCKERELS, from stock and eggs from Martin's best Dorcas matings, dam's records, 202 to 267; sires New York State Fair winners. Prices ranging from \$3.00 to \$10. Satisfaction or money refunded. J. A. Larson, Fort Saskatchewan, Alta. 53-5

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PURE-BRED ROSE COMB WHITE WYAN-dotte cockerels, splendid birds, prize-winning stock, \$2.00. Sam Archer, Vantage, Sask. 52-4

PURE-BRED WHITE WYANDOTTE COCK-erels, Martin strain, \$1.50 and \$2.00. R. W. Giles, Melaval, Sask. 1-6

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SELLING—PURE-BRED SINGLE COMB Black Minorca cockerels, \$4.00 each, large, vigorous stock. Satisfaction guaranteed. Lorne McLuhan, Vidora, Sask. 52-3

POULTRY

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WHITE ORPINGTON COCKERELS and hens, \$3.00 each; two for \$5.00; hens and pullets, \$2.00 each. Norval A. Shuttleworth, Dufferin, Sask.

BUFF ORPINGTON COCKERELS, \$3.00; TWO \$5.00. Pullets, \$1.50; yearling hens, \$1.00; white layers. F. Coates, Compeer, Alta.

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BABY CHICKS—ANY QUANTITY SUPPLIED of big husky, fluffy chicks that grow fast, in incubators, brooders, poultry netting, thermometers, founts, poultry and supplies. Discount for cash orders. Catalogue free. Alex. Taylor's Hatchery, 369 Atkins Street, Winnipeg.

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FARM LANDS—35 YEARS TO PAY WITH free use of the land for one year and privilege of paying in full at any time. Farms on the fertile prairies or park lands of Western Canada can be purchased on the amortization plan. Seven per cent. of the purchase price cash; no further payment until the end of the second year; balance payable in 34 years, with interest at 6 per cent. Payment of principal and interest together exceeds 7 per cent. of the total cost of the farm. Write for full information to Canadian Pacific Railway Co., Dept. of Natural Resources, 922 1st St. East, Calgary.

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320 ACRES IN CENTRAL MANITOBA, MOSTLY cultivated, serviceable buildings, good soil and water. Low price and easy terms. Winnipeg house will be accepted in exchange. Write Walter Land Co., Winnipeg.

SELL YOUR PROPERTY QUICKLY FOR CASH no matter where located. Particulars free. Real Estate Salesman Co., Dept. 18, Lincoln, Neb.

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IMPROVED FARMS FOR SALE AND EX-change. O. L. Harwood, Brandon.

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SEED WHEAT

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All my seed listed is of highest quality in purity, soundness, high-yielding characteristics; bred by systematic hand selection. Take no chances with doubtful seed this season, but sow the obtainable. Apply to:
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1925--Seed Grain Advertising Starts in January

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THE GRAIN GROWERS' GUIDE, WINNIPEG, MANITOBA

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\$1.50 per bushel, bags extra. R. G. Fleming,
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WANTED—1,200 POUNDS WHITE BLOSSOM
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Prompt attention to mail orders. The City Auto
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WANTED—12-INCH FEED GRINDER. BOX
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WANTED—11-22 SAWYER-MASSEY TRACTOR
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CYLINDER GRINDING

WE REGRIND AUTOMOBILE AND TRACTOR
cylinders on a Heald cylinder grinder. We also
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This is the best equipment that money can buy,
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CYLINDER GRINDING, TRACTOR, AUTO
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Febvre, Cold Lake, Alta., care Bank Hochelaga.
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Live middleman's profit. Jacks, \$3.80, 100 pounds;
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MISCELLANEOUS

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improver, makes sponge rise sooner, makes finer,
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Satisfaction guaranteed. No delay. Morden
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The R.F.D. Man

The man who drives the auto that brings our rural mail looks often half depleted, and wilted out and pale; sometimes he looks disgusted as if the world were wrong, as if he couldn't muster the shadows of a song. Well, there's an ample reason for him to have the blues; perhaps a dozen reasons, a hundred, if you choose. For instance, many people put letters in the box with twenty-seven pennies in disconnected flocks, then think the hurried driver should gather up the mess, then stamp and start each letter to its required address! Some people put in letters and then inanely fail to raise the flag portraying the presence of the mail; and so, of course, the driver, if he has naught to drop, has no real way of knowing that he's supposed to stop. The next day angry people await him at their gate and threaten to report him to minions of

The Countrywoman

Continued from Page 23

independent, and that her part in making the home—if honestly fulfilled—entitles her to a share of the family income, and so she lets him pay her very small sums from the pennies given him for the "extras" she does for him. Her reason for this is that: "The American mother has given too

much, the American wife too little, and I want him to learn that it is weakness on either side to always give without a return of some sort."

Recognizing the important part a sense of humor plays in avoiding friction, and in giving enjoyment to life her boy has been trained already to appreciate those who "understand him" and who can see humor in the things in which he sees it. "The seed of the idea is there anyway, and you will never kill it, or any that is sowed in the yielding ground of youth with the south wind of a joyous intelligence playing upon it."

The Countrywoman

The Snow Witch

Continued from Page 22

snowshoe, rendering it useless, and he had with him neither string nor lace with which to make a temporary patch.

Hemming swore aloud as he held up the broken snowshoe and surveyed the damage. In answering mockery came a ringing, silvery laugh from somewhere to the left of him. He straightened, alert, but he could see no one nor hear an unusual sound. Tom Chief's croaking warning recurred: "Windigo bad luck. No find um mine. Maybe get sick. Maybe die."

Glesson was sick already, Tom Chief had cleared out, and Hemming felt that he was getting more than a share of such bad luck as might be going round. But the young adventurer was of modern get-there-or-bust North American fibre. Calling quits was farthest from his intention. This temporary balking of his plans but made him the more determined. However, in his present predicament, there was nothing to it but to return to the shack, and, without the use of snowshoes, that would mean a bitter struggle that would keep him busy well on till sundown.

Hemming floundered directly across the narrow ravine and up the scrub-covered ridge to the left. There, sure enough, he found the queer-shaped snowshoe tracks again, travelling back this time. Behind the screen of a clump of balsam was where their wearer had paused to survey and make merry over his recent misfortune.

He decided that following the tops of the ranges where the snow was shallowest roundabout as it was, would be the quickest way to the shack. By this means he would avoid the better part of three wide muskeg valleys where the snow lay thigh-deep. It was a wearying, exasperating journey, quite enough to discourage a man of average grit.

As he neared the shack, just as dusk, aching in every limb from violent exertion, he noted with a sinking heart that the place was in darkness and the door wide open. He found the stove to be out except for a few greying embers. The place must have been deserted for hours.

Glesson's snowshoes stood against his bunk, but of Glesson or other of his belongings there was no sign. It was a most unusual thing for a careful bushman such as he to leave the door open behind him.

Hemming lighted a lantern and made an examination of the snow around the shack. On the blind side of the cabin, coming down from the woods to the east, he found what in the back of his mind he expected to find—tiny prints of queer-shaped snowshoes, now partially filled in with the drifting snow. Their wearer had evidently visited the shack, then taken the short trail to the Transcontinental tracks to the south. Whether or not Glesson too had made his exit in that direction, Hemming was unable to determine, as the snowshoe prints would quite obliterate his shoeprint tracks. Hemming soon gave up the quest to appease the urge of consuming hunger. He chopped wood for the night and replenished the stove.

The crackling wood fire, a liberal ration of fried bacon, buttered bread and jam—and best of all, three streaming cups of tea—banished his mental funk. Wonderful it is how a roaring fire and a cup of blazing hot tea will revive the spirits of a limb-weary man alone in the woods.

Ten minutes with his pipe, and he threw green sticks in the stove, tore off his shoeprints, blew out the lantern and bundled up in his bunk. There are never locks and bars on North Woods shacks; usually just a wooden spring catch. The

only precaution that Hemming took was to place his flashlight within easy reach.

He slept like a log. Later, in his slumbers, there came a vision of the beautiful Windigo—her eyes dark, irresistible, as he had seen them through the shack window—receding from him in the depths of a silent forest fastness. She gestured to him appealingly, frantically to return, that his quest was vain and fraught with terror and death itself. He followed doggedly, uncaring for his own safety, drawn on by the magnet of her indescribable charm of limb and feature. No danger, however grave, could have deterred him. She vanished in the snapping of a gossamer thought.

He was alone, lost forever in this awful labyrinth of terror and white silence. The frowning hills tottered toward him; the dismal, snow-laden tamaracs reeled drunkenly round and round. On the enormous, repulsive timber wolf that stalked out before him he saw death's grinning jaws adrip. With a defiant cry on his lips he awoke to find it daylight. He had overslept.

III

Hemming lost little time with breakfast, and, as he set out on Glesson's snowshoes, the clear skies and bright sunlight appealed to him as a good omen. He decided this time to take the west trail which the Indian, Tom Chief, had assured him was the shorter way to the possible site of the Lost Tobin Mine. He was in fine spirits. His experiences of the past few days had toughened him and he was in a splendid state of physical fitness.

He found the west trail not only a more direct route, but the walking proved much cleaner there. Noon found him beyond the farthest point he and Tom Chief had reached two days before. Another hour and he had reached the site.

Steeling himself against possible disappointment, he walked in at what he figured was the southwest corner of the old claim. Yes, there, halfway up the side of a cone-shaped hill that lay between two ranges running due north, was the snow-lined excavation with the not-to-be-mistaken dump below it.

Hemming was so enthused, so overcome by hard-won success, he overlooked his mid-day appetite and straightway set about "blazing lines." He took his camp axe from its sheath at his belt, and commenced to cut notches in the trees just over the ridge of the range he had come in on, which, from the directions on his copy of the map, he considered must be the western limit of the claim. He had reached what he judged must be the northern limit, had cut halfway across it too, when his man's appetite demanded its due.

Kicking off Glesson's snowshoes, he stood them against a tree, and going back to a flat-topped mound, tramped down a spot to start a fire upon. He had just touched a match to a pile of shredded birch bark when he started at the sound of axe blows. He listened a moment, but they were not repeated. Surely there could be no wood-cutters this far in from anything like a wagon-trail. Certain that it was pure fancy, he proceeded with the frying of slices of bacon on the point of a green stick.

Hemming was seated on his packsack munching at a hot bacon sandwich when an interrogatory cough made him turn.

He looked up into the face of a young girl, standing 20 paces behind him. In the daylight Hemming saw in the flesh what night through the shack window had dimly outlined and his dream had conjured—a beautiful witch of the woods.

An oval, elfin face, dark ringlets that bulged from under a white toque; close-fitting, skirtless corduroys and snow-white sweater setting off a slender little form of superb mold, dainty moccasins that encased tiny feet on long, narrow snowshoes—these things Hemming took in at one thrilling glance. The fact that she carried in one hand a camp axe similar to his own and in her other his discarded snowshoes were subsidiary observations that did not for the moment impress him. He sprang to his feet and doffed his cap.

"I beg your pardon." It was all he could utter though his admiring eyes kept saying more.

"And what for, kind sir?" There was tantalizing mockery in her tones.

"For being here, I suppose," he answered, "though I would not have missed it for half my life."

"Thank you." Mockery again, but from her lips it did not repel. "May I ask why you honor me with a visit to my mine?"

"Your mine?"

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"Then we are partners?" boldly declared Hemming. "You see, I located it too and have blazed a good third of the limits."

"You are generous. But you forget," she proceeded haughtily, "that, once blazed, the claim goes to the one who first registers it."

"And you have my snowshoes." Hemming now noted also the ominous-looking butt of a Colt that protruded from a holster slung on the web belt at her waist.

"They are not your snowshoes. I saw you fall and break yours yesterday, and these have never been broken."

Here was an awkward situation surely. And Hemming had to mentally admit this slender bit of a girl held all the trump cards. He tried an off-hand appeal: "You might at least give me a sporting handicap. It's a long, hard trail to make in bare shoe-packs."

"I trust no man, no matter how fine-spoken."

Hemming blushed. "Well, anyway, Miss Wood Nymph," he opened anew, "they are not your snowshoes. What if I go over and commandeer them?"

"Finders are keepers," she quoted, laughingly. "Come and commandeer your snowshoes!"

The merry challenge set the man's blood a-tingle. He sprang forward in the snow. She was away like a bird, rapidly outdistancing him with ease. He floundered on with main strength, often going sprawling in the fluffy wastes. She paused to laugh again and again at his wild efforts. He refused to get angry or quit, nevertheless. He swore mentally she should not see him give up while he had an ounce of energy left. Curiously, he had forgotten all about the mine or his share in it.

On the brow of a hill she again stopped to watch his struggles. Evidently she was getting a lot of fun out of his helplessness. Presently, she flew on, topped the hill and disappeared beyond it. Thigh-deep, Hemming waded through the snow to the hill, plunged up the side of it where the snow was shallow. Just over the brow he tripped over his snowshoes laid neatly side by side on the trail. She was offering him the sporting chance he had asked for.

Once on the snowshoes, he tore along like a demon. He was not as adept on the shoes as she, but his long limbs and splendid strength gave him speed that more than made up for his awkwardness. Over the next hill he glimpsed her in the valley ahead. He was sure he was gaining.

Another hill, and he had cut the distance between them in two. One more, and he was within 50 yards of her on the level stretch between.

She turned momentarily, gestured to him frantically, appealingly, to go back. It was as the vision in his dream—the same sad-sweet face, the same appealing gesture. Surely it was still a fantastically-beautiful dream.

"Go back," she cried. She was laughing a bit hysterically. "Go back, you have forgotten your pack-sack and your axe."

But primal instinct over-ruled all, demanded the prize for trial of endurance. In another moment he had closed in. Their snowshoes locked, and, panting, she was helpless in his arms.

"You beautiful, wild thing," he cried. "You—you are mine. You've made me mad—"

He broke off abruptly at the startled fear in her face, where the color came and went, and in her great dark eyes like a doe's at bay. He released her, abashed. "I forgot myself," he apologized abruptly.

"Perhaps you are not altogether to blame." She was still trembling. "I gave you reason for thinking maybe I was—a bold, forward girl. I should have explained."

"Explained?"

"Yes. Why I am here and alone. Why I went at night to peep in your shack, and why I held up your partner, Glesson, and forced him to hand over the map of the mine at the point of a revolver. I am Bernice Weldon, niece of the man who claimed to have first discovered that mine."

"What—then your mother was a sister of Nicholas Tobin?"

"Yes. It was my father who really discovered the mine. But he had little capital, and appealed to Uncle Nicholas. That was before I was born. Nicholas Tobin sunk a shaft and had the samples assayed. Work on the mine was all done by foreigners, and, for some reason, Uncle

persuaded father to keep its location a strict secret."

They were wending their way down the trail side by side now, Hemming listening with rapt attention to the inner history of the Lost Tobin Mine as related to him by his beautiful companion.

"Father took sick the summer I was born," she continued. "The machinery which Uncle Nicholas ordered was never brought to the mine. Mother, who never trusted Uncle Nicholas, grew suspicious of his intentions, and gently urged father to make some sort of arrangement so that, in case he were taken away from us, our interest in the mine would be protected. But he died in August without having made a will."

"How mother managed on the paltry insurance and the little he left I never knew. Somehow she raised and educated my only brother—two years my senior—and myself. I became a school teacher and went to the city, but mother remained on the lonely old homestead out here till she died. It was a short time before she was taken away that we found the old map of the Lost Mine among some of father's papers."

"Womanlike, mother sought a man's advice. That man was Nat. Glesson. He advised her to await developments. We always conjectured that Uncle Nicholas was delaying development of the mine till we would get tired and move away. Then one week-end while mother was staying over with me in the city, her house was broken into and the map stolen. I always suspected Nat. Glesson, and when he got up this expedition, using you as a blind, I was convinced he had the map."

"Meanwhile, my brother had gone to Winnipeg. When war broke out he went away with the Canadian Black Devils. At the battle of Courcellette he—was—killed."

She paused brokenly. In silent, reverential admiration, Hemming looked upon this plucky little Canadian girl who had plucked up the family torch to carry on for her rights when her protectors were gone.

"There was then only little me when Uncle's strange will was announced," she resumed. "I had saved a little money and decided to take out a month's provisions to the old homestead and make a try at finding the mine while the snow was firm over the muskegs. When I discovered Nat Glesson was in your party, I intended to make him disgorge that map the first opportunity I found him alone. Meanwhile, I shadowed your trails in case you should reach the mine before I could accomplish my purpose and locate the mine myself. If you had reached there first, I believe I should have held you all up."

"And you were not afraid, all alone in these woods?"

"Why should I be? I was born and raised in these old woods, and," she tapped the Colt at her side, "I can shoot straight."

In turn, Hemming modestly told her something of himself, and how he came to be a partner with Glesson in seeking the Lost Mine. She listened with unconcealed interest. They had reached Hemming's shack. The sun was dropping behind the purple western hills a dull red ball of fire. She paused to bid him goodbye.

"You are coming with me tomorrow to register the mine?" she surprised him.

"You want me to come?" he cried in delight.

"Why, of course. As a co-finder, you're my partner and third owner of the mine."

His face fell. "No, I couldn't do that," he declined. "It is not the mine that I care about any more."

She moved a step closer. Her glorious dark eyes beamed upon his stalwart six-foot-two. "All the more reason you should get your share."

Her nearness spurred him to speak his heart. "Bernice," he cried, "It is not that kind of a partner I want to be to you. I love you, beautiful Snow Witch—I want you to marry me!"

He saw her great eyes grow startled again, but this time she did not draw away from him. Silent as the stars she received his kiss. Then she sprang from him and was away on her snowshoes like a gliding bird.

"Wait," he cried, "I am going as far as your house with you while you answer my question."

"No, no," she called back. "Tonight I am still the Snow Witch, and little snow witches travel alone. Tomorrow, maybe—if you are a good boy."

THE END.

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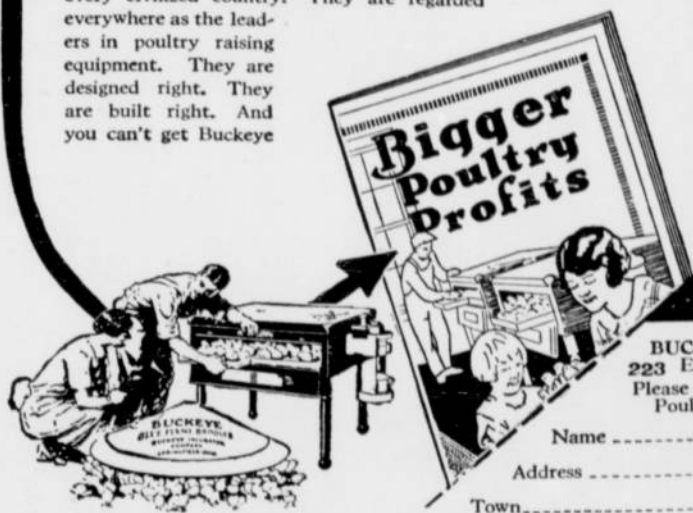
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